The Canadian Nurse

A MONTHLY JOURNAL FOR THE NURSING PROFESSION IN CANADA

VOL. V. TORONTO, APRIL, 1909 No. 4

IN THE CHILDREN'S WARD.

To-day we had a baby brought into the Children's Ward, where I am now, who had swallowed and had not assimilated a quarter. He is more expensive than any other of our babies who have come in with the same complaint; they were usually content with pennies.

This is quite serious, however, as the quarter has lodged in his oesophagus, and the consequences may be disastrous. So we are all watching him very closely.

His mother, who is a pretty little thing, and quite young, when I questioned her, burst into tears, exclaiming, "Oh, nurse! I feel that it is all my fault! He was playing with some pennies, so I took them away and gave him the quarter instead. I didn't dream that he would swallow that!"

Naturally we are all more careful about our babies having money. As this was visiting day, I found, as usually happens, that one of them had been given money by his mother and was holding it, tightly clasped in his little fist. I told her that she shouldn't give her children pennies to play with "Oh," she said very virtuously, "I never give my children pennies, I always give them nickels."

When I pointed out, that from a bacteriological point of view, nickels were quite as unwholesome as pennies, and were just as likely to be swallowed, she opened her eyes very wide, and exclaimed, "Why, nurse! I always thought that it was the copper that was bad."

We were very short of nurses yesterday, which meant that two who were left were in a rush all day. Naturally we were little inclined to conversation, so Annie was a distinct trial. Her tongue never ceased, from the time we went on duty in the morning till the time we left, mentally and physically exhausted at seven in the evening. We felt as though we had been living inside an endless phonograph!

Yesterday we had an experience we shall not very readily forget. The ward looked beautiful, and we were congratulating ourselves that everything had been done up to time, when Dennis and his father arrived.

The father caught and held my amazed attention, for dirty little boys are no novelty. But the dirt of the father was phenomenal. It did not need a Sherlock Holmes to "deduct" the fact that he was a coal heaver. Coal-dust emanated from every pore. Dennis was like his father in build, square and stocky and, alas! he, too, was absolutely covered with grime, borrowed partly from his father's coal, partly acquired by his own unaided efforts, and he had a distressing cold in his head. He was assigned to me, so I got his bed ready and attempted to take him from his father, when bedlam broke

loose. He roared and kicked and struggled, and though I am pretty strong, he was more than my match. Just as Miss Austin came to my rescue, the father rushed up, snatched him from my—shall I confess?—only too willing arms, and exclaimed, tragically, "I told them how it would be if I brought him here. He'll have the black fit!" He said it in Irish, but as I don't know how to spell that language, you will have to imagine how it sounded.

He made for the front door while I followed. On the way we met Dennis' mamma, with a smaller but quite as grimy edition of Dennis in her arms.

"Where are you going, you old fool?" she addressed her husband, politely, also in Irish.

"I'm going to take him home," he answered, violently.

"Home!" are you now? and who do you think will nurse him at home?" very sarcastically.

"I don't care! He'll have the black fit if I leave him here."

"The black fit, indeed," pounding her better half hard. "You leave that child here where he'll get nursed and you just take yourself off, you big, lazy——," accompanying all this with resounding blows.

All this time "Nurse," in an agony of uncomfortableness, was begging, imploring, commanding them to go outside if they were likely to have a pitched battle, but just at this point "Papa" dropped the still howling Dennis to the floor, and hastily made his escape, "muttering," as the dime novels say, "imprecations under his breath," only these weren't under his breath; they were extremely outspoken.

With a wonderful change of voice the mother said to Dennis, "Now go along with the nurse, Denny darling, and be a good boy," and to me, "You'll be good to him, nurse, won't you, bless your sweet face?"

Then she also went, leaving me to shoulder the squirmy, wriggly little three-year-old.

We undressed him by main force and put him in the tub. He evidently, to judge by his struggles, thought we were going to drown him. Probably he had never seen so much water collected in one place before. Also he dreaded to part with that outer covering of dirt; it had been his own for so long it was well-nigh impossible to take it from him.

This seeming impossible task accomplished at last, and Dennis arrayed in a clean white nightgown, what a change was wrought! Like Samson shorn of his locks and strength, Dennis, deprived of his accustomed covering, became most meek and seraphic. He looked almost smug! He remained in this unnatural state until we went off duty. The night nurse tells a different tale, but that's her story.

To-day Jimmie had one of his" fits" of crying, as his mother calls them. Jimmie is a free-born American citizen, and considers that he has a right to make as much noise as he likes, and to scream whenever and wherever and for as long as he likes. So, naturally, knowing his little peculiartiy, I was not very much concerned when the storm continued. When it began, I ascertained that there were no pins in him, nor pains so far as I could judge, so

left him severely alone to get over it when he pleased. As you know I am the eldest of a large family. That sounds irrevelant, but it isn't.

In came my head nurse, who is pretty and extremely young, and said, severely, "Don't you think you might manage to keep Jimmie quiet?'

I confessed my utter inability to do anything, short of murder, to make him stop; so she, in a patient, long-suffering tone said, "It takes time to learn how to manage children," and leaning down to Jimmie she commenced to say cooing things to him and to poke and tickle him.

Jimmie stopped crying instantly, looking unspeakably offended; then, raising his hand, he slapped her hard, and resumed his wailing.

You may not believe me, but I assure you that I did not move a muscle of my face, and was even able to speak reproachfully to Jimmie while she was in the ward, which, fortunately, was a very short time. Afterward—— well, he was forced to stop crying, because I hugged him nearly to death.

Dennis is convalescent now and is running about the ward. We all adore him! He is only three, but oh! so sophisticated. He even pitches craps! He will certainly become a prizefighter some day, he has just the figure for one—not that I have ever seen a prizefighter, but I am sure Dennis has.

He is so independent and looks us so squarely in the face with his steady, green Paddy eyes that we must perforce believe his absolutely impossible statements.

He can't speak plainly yet, but his command of Avenue A slang is complete. Just at present he loves only two things on earth, Miss Austin and ice-cream, but he gives ice-cream the preference. He is never clean for five minutes together. He must exude the dust, for naturally he could not acquire any in our ward!

Not very long ago a minister brought some members of his Sunday School to give toys and books to the children, and to play with the convalescents. Naturally Dennis was the centre of attraction, and he was so well-behaved and painfully polite, that we became seriously alarmed and feared that he was going to leave us for a better land. But not Dennis!

When the minister gathered his little flock together to say good-bye, Dennis was there and so were Miss Austin and I, unfortunately. Very solemnly Mr. Parson told Dennis that if the nurses gave a good account of him, and if he would promise to be a very, very good little boy, that he would give him books, oranges and all kinds of nice things, the next time he came.

Dennis stood with his feet as far apart as possible, his hands behind his back, and gazing unblinkingly up into the reverend one's face, patiently heard him to the end, then exclaimed, scornfully, "Hot air," and turned on his heel.

We didn't laugh, we wept.

After that it was his pet expression. If the great "Attendings" came to make "rounds" Dennis would steal up behind, and when they delivered an opinion on a case, he would deliver his verdict, "Hot air!"

But he is developing unexpected sweetness of character every day, and we shall feel very loath to part from him, when the time comes for his return to Avenue A.

One of our nurses told me something the other day that will amuse you. An old woman, who has a son in one of the big wards, offered her a dime which was politely declined. After repeated refusals on the nurse's part, the old dame lost her temper, and exclaimed, "Is it because you don't think it's enough, you saucy minx?"

The other day a doctor was dressing a little boy, who always shrieks all the time, more from a sense of duty than because he is being hurt.

That day he had promised me to be very good and quiet, and only squirmed a little till the worst part was over, when he suddenly began to wail at the top of his voice, and looking, with an agonized face, up at me, he imploringly asked, "Oh, nurse, is he hurting me?"

I never told you about Julia, I think. This winter Julia has been a patient here three different times. She looks exactly like a "Goop," with all her features in the middle of her fat little face, and strings of lanky brown hair always getting into her eyes.

She has a characteristic wail, which I could recognize in Siam. She was only a little over a year old at the time of my first acquaintance with her, but she was of such an enquiring turn of mind that she had to be pinned into a blanket, to prevent her from making tours of investigation. Even so, one of the nurses came into the ward one day, to find, to her horror, Julia crawling wormlike and sinuously over the floor, enjoying herself immensely. How, without the use of her hands, she got over the side of her crib, and why she wasn't broken into little bits, when she landed on the floor, are still mysteries.

The second time she came in nothing so startling happened. She had acquired one habit which could not be broken, that of lying in bed with her little fat legs always sticking straight up in the air, and when meal time came, and she saw her bottle being borne into the ward, arms and legs were all in the air waving frantically about, and the only feature of her face that amounted to anything, was her widely opened mouth. All the others paled into insignificance before that! It was a treat we tried to give visitors, that of seeing Julia absorb her nourishment.

She was so perfectly incorrigible that we often found ourselves chanting the words of the lovely song—

"Julia you are peculiar
Julia you are queer;
Julia you are as unruly,
As a wild Western Steer."

whereof the feet are almost as unmanageable as Julia's were!

One day while Julia was wailing in anguish, after her empty bottle had been wrested from her, a nurse from another ward came in, and after vainly trying to make herself heard, took us outside and earnestly advised to cast Julia—our beloved Julia—into the trash can, and to put the cover on. We were unspeakably pained at her heartlessness—we enjoy hearing Julia cry.

The last time Julia came it was positively uncanny. We were in the midst of telling a new nurse about Julia and her iniquities, when who should walk in but Julia's mamma, with Julia in her arms.

I had hard work to appear sympathetic, and when I whispered to the other nurse, "It's Julia," she went off in a gale.

This time Julia and Dennis collided. I daresay her face annoyed Dennis; it certainly wasn't pleasing; but whatever the cause, Dennis, during the solemnity of "rounds" was discovered thoroughly and systematically wringing Julia's little turned-up nose.

Her expression of horrified surprise was decidedly upsetting to the gravity of the doctors.

Just at present Sally is our pride and joy—not the night nurse's, I fear, but then she is prejudiced and prefers quiet.

After weeks of apparently hopeless illness, Sally suddenly decided to get well, which she is doing thoroughly. Her daily increasing rotundity is nothing short of miraculous. Her family, for some unexplainable reason, hold me responsible, and their gratitude and benedictions are extremely embarrassing. We attribute it to her bad temper. In her worst days she still had enough spirit to object strenuously to everything that was done for her, and her voice, which is like an asthmatic fog-horn, never lost the power of expressing her emotions in explosive "Yahs!" followed by a word which sounded perilously like a very naughty word indeed. But Sally is of such tender years that we will give her the benefit of the doubt. Her voice is, I believe, what the night nurse objects especially to. Her chief amusement is to beat herself violently on the side of her head, and the more her temper is roused the harder does she beat, and she grinds her teeth excruciatingly.

For weeks after she came in Sally cried pitifully for her little sister Mary, evidently one of the "Little Mothers of the poor," and you may imagine our feelings, when we heard that Mary was in one of the big wards suffering from the same dread disease that Sally has, and of which a little brother died a few days before Sally was brought in. These are the cases which make great inroads on our sympathies, and we all felt that if any efforts of ours could help towards saving Sally, we would not spare ourselves.

There is another little brother who is adorable, with fiery red hair, more freckles on his face than there is room for, and a choice assortment of rags. He has the most honest blue eyes, and a tragically old face, and the way he stands and looks at Sally goes to our hearts.

On Easter Sunday, he sent me, by his mother, a gorgeous Easter card. Poor little lad! It represented a lot of his hardly-earned pennies, for its hideousness was of the kind that costs. You can't imagine how touched I was, and Johnnie now has a "corner" in my affections. B. E. A.

---

*THE DUTIES OF THE PERMANENT NURSE.

I have found it very difficult to speak of the duties of the permanent nurse without going too much into detail, and thus touching on personal matters; but you will all understand just as our duties differ in nursing a sick patient in a private house (for very often having an eye to the baby, or to the

* Read before the Alumnae Association of the Royal Victoria Hospital, Montreal.

household affairs, will do more towards a rapid recovery than any amount of nursing or fussing over the patient herself), so must the duties of the permanent nurse differ one from another.

It will depend upon the number of the family, and the relation they bear towards your patient, as well as their position financially, just what duties will be expected of you, but by a little observation you will soon adjust yourself to circumstances.

I will place the duties as I find them under four heads:

1. Private Secretary.
2. Companion.
3. Lady's Maid.
4. Nurse.

First in importance is that of private secretary, which means looking after the home and personal expenses, paying weekly or monthly accounts, etc., seeing that the annual or semi-annual subscriptions are duly paid, writing and answering all business letters, as well as the private correspondence, the latter being done almost entirely by dictation. Anything connected with the bank book, such as deposits or withdrawals, and the filling in of cheques has to be carefully accounted for, so that when the reckoning day comes nothing will be found wanting.

I may add that this duty is more simple than it sounds.

The second in importance is that of companion, and, as may easily be imagined, is the most difficult of all, and although there is not much to be said about it, it demands more of you, and takes more out of you than anything else. You are your patient's shadow in all walking, driving, visiting, etc., in fact you are your patient's "right hand," as I was told in the beginning by mine, and I have found it to be most literally true.

Third, lady's maid, which after all is very closely associated with the duties of the nurse. Assistance is given with the bathing and dressing, in fact with everything connected with the toilet, the care of the collar and cuffs, sewing on of buttons, and mending to a slight extent, besides many other small duties too numerous to mention.

Fourth and least, the duties of the nurse. Except in the case of an illness, the nurse has no scope in displaying her knowledge—if she has any—or developing her professional etiquette; she is ruled by her patient, not her patient by her. A uniform is not worn; it would only attract attention in the house, besides being rather inconvenient on account of changing to outdoor clothing two or three times a day. And notwithstanding the disadvantages of the duties of the permanent nurse I think you will all agree with me that a good night's sleep in a comfortable bed, in a comfortable room, with three good meals a day, surrounded by pleasant and agreeable people (outside people, I mean, for the family only consists of my patient and myself) besides a kind and considerate patient, is after all quite an enviable position in this work-a-day world of ours.

E. F. HOLMES.

LETTERS FROM A NURSE IN TRAINING.

II.

The Hospital of the Good Samaritan.

My Dear Margaret,—It hardly seems possible that nearly four months have gone by since I penned my last effusion. Water goes under the bridges with the speed of a mill-race these days, and I am borne along, metaphorically speaking, like some insignificant chip, sometimes under water, and some times on top; but nevertheless in the current at last.

I need not tell you how pleased and proud I was to be accepted and get my uniform. I wore it on a Sunday for the first time, and I think I felt as Sir Galahad did when he buckled on his armor and set out on his quest. Who knows but that I, too, after much wandering and heavy discipline may see at last as he did—"Four angels bear the Holy Grail." I hope for Sir Galahad's sake that his armor did not give him as much concern as my uniform did me. No debutante was ever more conscious of her raiment than I on that first Sunday. To begin with, my nice white bib got all crushed by my bending over the bath tub, and then some horrid person splashed permanganate of potash all over my skirt. Altogether, my lot that Sunday morning was not one of unmixed happiness.

Since I last wrote, I have been moved from Ward Three to Ward Four, the Men's Medical. Practically the whole ward has typhoid. Seven patients fall to my lot, five still in the thick of it, and two more or less convalescent. Margaret, I never was so busy, or so happy in my life. When those men are "done up" in the morning, clean and neat, with the bed-spreads hanging just so, and their respective hairs mathematically parted in the centre, I feel like the mother of seven, all boys, a most satisfying sensation. True, they don't stay put very long, especially the convalescent ones, but still for a brief period I may take a justifiable pride in my handiwork. One of the convalescents is particularly aggravating,—he submits to my ministrations with the best grace imaginable, and does me infinite credit just so long as I keep my eyes on him, but let my back be turned for an instant and he gives the bed clothes a sudden tweak which pulls out the most firmly tucked-in corners and exposes to view a large and most inartistic pair of feet. As his bed is at the extreme end of the ward, immediately opposite the door, these pedal extremities by no means blush unseen, but thrust themselves upon the notice of visitors passing through the corridor, including the lady superintendent, who, of course, regards me as directly responsible for the unseemly display.

Talking of visitors, if ever I write a book on hospital experiences, I am going to devote a whole chapter to visitors. My seven all have visitors; the man in the corner is a gay and irresponsible bachelor of certain years, a railroad man of sorts, and the members of his brotherhood come up on Sunday afternoons in shiny black suits, with expansive watch chains, with many strange emblems, dependent thereon, disposed across their manly bosoms. Sometimes they bring funny, little tight bunches of flowers, all wilted, poor things, by the hot hands that have held them. But they are really concerned about "Bill," and try not to be seriously annoyed when their deputation of five

is cut down to one by an inexorable head nurse, who explains that Bill's temperature is only just beginning to strike normal in the mornings, and that excitement is bad for him. We are usually rather short of vases, but I always try to get something to hold those wilted, little, short-stemmed flowers, so that Bill may not be ashamed to meet his enemies in the gate, for even if he has no solicitous women kind enough to fuss over him, he can proudly exhibit the flowers "the boys" brought him.

The young man in the next bed, I am afraid, is a gay Lothario, a little bucolic perhaps, but that type is the same wherever you find it despite individual differences. He arranges matters so that the two victims of his wiles come on alternate Sundays. He has been ill for nearly a month, but his temperature has never been very high, and these susceptible damsels take week about sitting beside Lothario, and looking unutterable things at him to the huge delight of all those in the ward who are not too ill to take an active interest in their surroundings.

Lothario's neighbor is a huge Galician, who has been very ill, indeed, and is still too drowsy to notice very much. But his "Missus" and two children, all redolent of garlic, come to see him every Sunday. She never comes without remonstrating to me as to the paucity of her husband's diet. "Three weeks no bread,—all time drink, drink, no good for man," says she, and I retire precipitately, leaving her with the honors of war. On one memorable occasion after one of these Sabbatical visits I discovered a bundle tied up in a red cotton handkerchief stuffed under Mr. Galician's mattrass. On investigation it was found to contain the half of a very dubious apple, a piece of fat pork, and some very peculiar looking bread. The weight of the mattrass had reduced the whole to a very appetizing mass. The poor fellow broke into loud lamentations when I took it away. Truly we don't know "how the other half lives."

Then there are the genial visitors, most of them of more or less pronounced religious tendencies. The Good Samaritan gives the clergy of all denominations free access to the wards at any hour. All the principal denominations are represented, and in addition there are several free lances, mostly women. One of these managed to distribute leaflets to my seven a few days ago. The cheering title of six of these brochures was "The Worm that Dieth Not." The seventh bore the somewhat personal query of "Are you a Drunkard?" which she presented to Bill, who, I fear, cannot deny that soft impeachment. This same lady requested permission to sing to the men in Ward Five (chiefly convalescent surgical cases), and immediately began a rendering of "Killarney," so piercing that it penetrated the closed doors of the operating room, where a somewhat irascible surgeon was giving a clinic to the final year in medicine. Over the subsequent proceedings it is better to draw a veil. Suffice to say that after the first verse of "Killarney" was finished "the rest was silence."

It is disgracefully late. I must finish this to-morrow.

Since yesterday, Margaret, so much seems to have happened. One of my seven is dead. Poor Lothario; he was so well yesterday, when I went off for my afternoon, and just shortly afterwards perforation took place. He

refused operation. When I came on at seven this morning I could hardly believe my eyes. Could that strange, pinched face touched already with what Thackeray calls "that strange look of coming dissolution," belong to the laughing, careless Lothario The screens were put round him, of course, and they seemed to worry him, for he kept trying to push them away. During the morning one of his girl visitors came. She was plainly terrified, and only stayed a few minutes. Poor, shallow little thing; she could not bring herself to touch so much as his hand. I was glad when she went away. About four o'clock the other came. She didn't say much, but she sat down by Lothario's bed and took her handkerchief, with its cheap perfume and wiped the damp forehead and chafed the cold hands. Then the priest came and administered extreme unction, and through it all poor Lothario lay there, turning his head from side to side, seeking rest and finding none. The priest left his crucifix lying over the poor laboring heart and went away. The ward was very quiet; the dominating sound was that hurried breathing and an occasional half choked moan. I seemed to have been listening to it for days instead of hours. The head nurse stayed with him nearly all the while, but after six she had the night report to write, so I took her place. Suddenly the breathing seemed to catch and stop. The girl bent over him and snatching at the crucifix held it so the dying eyes might rest upon it, but they turned away and rested upon her face instead; the pupils dilated, grew wider, and even as I looked the pain faded out, the lines of suffering were gone. Death gave to Lothario a dignity that life had withheld. I closed his eyes and covered his face and got the little girl away. The house surgeon came, made a perfunctory examination, and all the rest of it. We are all terribly business-like, even with death, in this hospital of the Good Samaritan. It is all part of the day's work, no doubt, but to me it seems a little heartless. Perhaps I shall be drilled to it in time like some of the others. A little remark I heard the night nurse make as she set her cups in order for the eight o'clock diets gave me pause. "I am glad he died before seven," she said, quite dispassionately. She is a gentle, fair-haired little mouse of a thing, but she was glad he died before seven! Probably she did not mean to be as heartless as her words sounded. She was relieved that, since he had to die, she had been spared the trouble and distress of watching that last hour with him. But I understand now why nurses are sometimes called callous.

As for me, I can't forget that girl's face as she held the crucifix. To us all, they say, comes, sooner or later, the immortal moment. I think that must have been hers. For the moment she was transfigured. The mantle of suffering draped her about and hid every commonplace outline.

This is the first time I have ever seen death, Margaret; and as for love—I think, perhaps, I saw love, too. Lothario and the silly, pretty girl showed them both to me.

E.J.

NEW PREPARATIONS AND REMEDIES

Nurses, like physicians, must always learn something of new preparations of standard drugs, new names for old things, and entirely new foods and medicines, as they may be manufactured or discovered. Some of the most recent are described in the "British Medical Journal," to which we are indebted for the descriptions and laboratory results given below:—

Phosphoric Acid in Granules.

We have examined a sample of a granular effervescent compound which has recently been put forward under the name of "Alexine" (made by J. Chatelain, 15 Rue de Paris, Puteaux). It contains iron, manganese, and phosphoric acid, with ingredients for production of effervescence, and the special feature for which merit is claimed is that the phosphoric acid is present in the free state. We found this to be the case; sufficient phosphoric acid is contained in the granular to provide an excess in the free state after the alkaline carbonate which produces effervescence has neutralized its equivalent. The draught resulting when the granules are added to water is of an agreeable acid taste. Manganese and iron were present in substantial quantity, but the exacts amounts are not stated.

Vaginal Douche Tablets.

Messrs. Duncan, Flockhart, and Co. (143 Farringdon Road, London, E.C.) have submitted samples of tablets intended for the easy preparation of liquids for vaginal douching. The formulae are as follows: No 1, alum, 30 grains; zinc sulphate, 30 grains; potassium permanganate, 2½ grains; No. 2, zinc sulphocarbolate, 30 grains; alum, 30 grains; No. 3, tannic acid, 15 grains; alum, 30 grains; one tablet is to be dissolved in a pint of hot water. The tablets are of a flat shape, which allows of their being easily broken up, and we found them to dissolve readily in hot water. Their portability makes them convenient.

Cod Liver Oil Emulsion With Hypophosphites.

We have received from Mr. W. A. Lynass (5, Ann Street, Belfast) a sample of his emulsion of cod liver oil with hypophosphites of lime and soda. It is of the appearance and consistence of cream and palatable; of the many emulsions of this kind on the market it is certainly among the most attractive. Analysis showed it to contain about 40 per cent. of oil by measure.

Trypsogen Tablets.

Various workers have shown that an important relation exists between some form of diabetes and lesions in those portions of the pancreas known as the islands of Langerhans; and it has been accordingly suggested that an extract of those structures might prove of use in the treatment of the disease, and reduce the necessity of excluding carbohydrates from the diet of the patient. Messrs. G. W. Carnrick Co., New York, (London agents, Messrs. Muller, McLean & Co., Cecil House, Holborn Viaduct), have brought forward under the name "Trypsogen" an extract of the tail of the pancreatic gland of young calves and lambs, which consists chiefly of the islands of Langer-

hans. This extract is produced in a dry form, and made up into a tablet in combination with small doses of bromide of gold and bromide of arsenic. Examination of some of the tablets showed them to possess both proteolytic and amylolytic activity. Various cases have been recorded in which beneficial results have followed their administration.

Carbonic Acid Baths.

The Hygienic Company, Limited (26, Southwark Bridge Road, London, S.E.), have placed on the market in a convenient form, means of producing carbonic acid baths at home. The acid employed for liberation of the gas is formic acid, which is added to the bath first; the sodium bicarbonate is contained in closed bags, through the pores of which the gas is liberated. The result is gradual and prolonged formation of small bubbles, saturating the water. Trials made with samples submitted to us showed this to be a very satisfactory means of producing such baths.

Eunatrol.

The solvent action which sodium oleate exercises on the material of gall stones has led to its being administered to patients suffering for cholelithiasis, in order that its solvent power may affect the gall stone in situ; the cholagogue action which it also possesses is considered to be favorable. Under the name of "Eunatrol" Messrs. Zimmer and Co. (Frankfort), are issuing a form of sodium oleate suitable for administration. Eunatrol is in coated pills, containing 1½ grains; examination of a sample showed that the coating is very quickly disintegrated, while the inner portion of the pill is soft and readily soluble; the latter consisted of sodium oleate with excess of oleic acid.

Adrenaline and Chloretone Ointment.

Messrs. Park, Davis and Co., (Beak Street, Regent Street, London, W.), have submitted a sample of adrenaline and chloretone ointment, which they supply in collapsible tubes, with elongated nozzle for direct application of the ointment to the nose and other parts. It contains I part of adrenaline and 50 of chloretone in 1,000 parts. Examination showed it to be a white, soft jelly, in which the active constituents were readily detected by appropriate tests. This ointment provides a convenient means of applying adrenaline locally in a variety of cases.

Antithermoline Plastic Dressing.

It has of late been proposed to displace the old-fashioned poultice by plastic applications having a mixture of kaolin and glycerine as basis; such a mass can be kept ready for application, retains its heat for a long time, and permits of the incorporation with it of antiseptics. An excellent example of such a plastic dressing is supplied by Messrs. S. W. Carnrick and Co., New York (London agents, Muller, Maclean and Co., Cecil House, Holborn Viaduct), under the name of "Antithermoline." It is stated that the silicates used in its manufacture yield a product of greater therapeutic value than others, and it is suggested that this may be due to the presence of radium; the silicate basis is mixed with boric acid, glycerine, thymol, menthol, and oil

of eucalyptus. It is a smooth paste, supplied in screw-capped jars, which only require to be placed in hot water when it is desired to apply the material in the hot state.

Novaspirin.

The administration of salicylic acid in some form of combination from which it shall not be liberated until the intestine is reached is now a matter of daily practice. We have recently examined a sample of a new compound of this kind to which the name of "Novaspirin" has been given by the Bayer Company (19, St. Dunstan's Hill, London, E.C.), who introduce it. The constitutional name of novaspirin is methylene-citryl-salicylic acid, and it thus differs from aspirin in containing a residue of methylene-citric acid in place of the residue of acetic acid in the latter. It is a white powder, insoluble in water, and nearly tasteless; it is readily decomposed by alkali even in the cold, with production of the salicylate of the alkali. It is claimed that it is more readily tolerated and produces less profuse diaphoresis than other salicylic preparations.

Validol.

The number of remedies for sea-sickness is very large, but so limited is their success that any new preparation likely to relieve this complaint is sure to receive a trial. Messrs. Zimmer and Co., (Frankfort), have placed on the market under the name "Validol," a preparation which is stated to have given excellent results in the treatment of sea-sickness. Validol consists of methyl valerianate with an additional 30 per cent. of menthol in the free state; it is a colorless liquid, soluble in alcohol, but not in water, with the strong odor and taste of menthol and an under-flavor of valerianic acid. It is not disagreeable, and may be administered on sugar or in wine; the carminative powers of menthol and the value of the valerianates in some nervous affections furnish a priori grounds for expecting good results, and it is asserted that such expectations have been fully realized in practice.

Petroleum Emulsion With Hypophosphites.

We have examined a sample of emulsion of petroleum with hypophosphites of lime and soda, submitted by Messrs. Parke, Davis and Co., (Beak Street, Regent Street, London, W.). It is a pure white and stable emulsion of agreeable taste; examination showed that it is prepared with the purified colorless liquid petroleum, of which we found 32 per cent. by measure to be present, with saccharin as sweetening agent.

Euquinine.

The large amount of chemical research work that has gone on for years on the subject of quinine, while it has not yet resulted in the artificial synthesis of that substance, has enriched medicine with some quinine derivatives, of which by far the most important is euquinine. We have received a sample of this substance from the makers, Messrs. Zimmer and Co. (Frankfort), and submitted it to examination. Chemically, euquinine is quinine ethyl carbonate; it is a white crystalline substance, much like sulphate of quinine in appearance and in its insolubility in water and solubility in dilute acid; it also shows

many of the chemical reactions of quinine. It differs from the latter, however, in the important property that it is almost completely devoid of bitterness, whereas its medicinal properties are practically identical with those of the parent substance. Euquinine has already found much favor in this country, as elsewhere, and it may be expected that it will be prescribed to an increasing extent as its advantages become more widely known.

Synthetic Camphor.

The advances of the science of organic chemistry are continually leading to the production by artificial means of substances previously derived only from the animal or vegetable kingdom. Among the important substances the manufacture of which by synthetic processes has thus recently become an accomplished fact, one of the most interesting is camphor. Messrs. A. and M. Zimmerman (3, Lloyd's Avenue, London, E.C.), have submitted a sample of Schering's synthetic camphor, which they are now supplying at a price which compares favorably with that of the natural article.

Dymal.

Messrs. Zimmer and Co. (Frankfort), have submitted a sample of an antiseptic powder to which they have given the name of "Dymal." The powder consists of salicylate of didymium, the latter constituent being a by-product of incandescent gas mantles. Dymal is a white, light, odorless, neutral powder, scarcely soluble in water, though sufficiently so to show the reaction of salicylate; it is easily decomposed by acids; on analysis it yielded 72.3 per cent. of salicylic acid. It is recommended for use as an antiseptic dusting powder in the treatment of wounds and of eczema, etc., and also in the form of an ointment with lanoline base.

Tabloid Phenol and Menthol Compound.

Among the liquid preparations which Messrs. Burroughs Wellcome and C. (Snow Hill, London, E.C.), are now supplying the form of "tabloid" capsules, is a combination of phenol, of which samples have been submitted to us. Each capsule contains phenol ¼ grain, menthol ½ grain, and oil of cajuput 1 minim. These strong-tasting medicines may be administered tastelessly in this form, practically undiluted. The combination may prove of use in fermentative dyspepsia.

Olive Oil Emulsion.

An emulsion of olive oil with eggs, preserved by the addition of brandy, has been put forward by Messrs. Parke, Davis, and Co. (Beak St., Regent St., London, W.) for employment as a food in wasting diseases. We have examined a sample of this preparation, to which the name "Egmol" has been given. It is a yellowish, thick, stable emulsion, with an agreeable, warm, slightly alcoholic flavor. Analysis showed it to contain 38 per cent., by measure of oil and 7.6 per cent. by measure of alcohol, corresponding to 16 to 17 per cent. of brandy. The total nitrogen present was 0.38 per cent., corresponding to about 16 per cent. of egg substance.

THE THREE-YEARS' COURSE.

Has any superintendent of a hospital kept house? On this lies a great measure of the merits of the two or the three years' course. Not on the fact, "Does the hospital training require a two or three years' course?" This may be a new way to view the situation, but an intensely practical one. For the largest number of nurses take to private nursing once their training is over, therefore the aim of the hospital school is to provide the public with reliable women, who can be held responsible for the sick as well as the administration of a home. That should be the aim of all hospital training schools. Superintendents rely on the theory that if a nurse can run a hospital she can run a private house. An exploded theory—for it is far more difficult to order in small quantities and yet not be miserly than it is to provide for ten people. Therefore make the nurse a good provider in the small lines, and it is an easy matter to enlarge. For instance: One nurse who could and did run a hospital of 100 beds, was absolutely non-plussed when it came to providing for a family of three. What hospital ever teaches a nurse the best cuts of beef for nutritious purposes or what beef should be like before using? Nor does it ever teach her what foodstuffs to combine in a dinner for, say, a convalescent typhoid, or a perfectly well person who is, however, subject to acute bronchial attacks.

Hospitals look towards themselves, and selfishly so. It is, How much work can I get out of this nurse for the least amount of expenditure! not, How best can we fit this nurse to become a public benefit, a capable wife and the mother of our future citizens? Were this aspect taken we would hear no complaints of the extravagance and wretched management of a trained nurse in the home, when she is at the same time laying the foundation for renowned citizens for generations, for after all a woman's highest duty is a national one. Therefore training in a hospital ought not to wear out a woman's body, but build it up.

The months might be planned as follows:

Three months probation—Being taught by assistant superintendent all the various ward duties, besides the simple anatomy necessary to put a poultice on the right spot, and hygiene.

Three months (junior 1½ months, senior 1½ months)—Medical wards.

Three months (junior 1½ months, senior 1½ months)—Surgical wards.

Three months (junior 1½ months, senior 1½ months)—Gynaecological wards.

One month (household economics and junior diet kitchen work)—This to include the practical work besides lectures on sanitation, plumbing, ventilation, administration of small households, such as ordering of groceries, meats, etc., and servant problem. These lectures and this practical work should be given by some well-known private nurse, who has made a success of her profession in homes.

One month—Diet kitchen, cooking for private wards and convalescents.

One month—Private wards.

Two months—Maternity, one as junior, one as senior.

Two months—Operating room, in all departments, emergencies and otherwise.

Three months—In isolation department or an isolation hospital (most necessary for private work).

Two months—In special departments, as eye and ear and outdoor departments.

Making a total of 24 months, which is ample for all private nursing.

Note.—There is no provision in time as head nurse. This post should never be filled by undergraduates, but ought to be a post for graduates. The patients would be better cared for and the undergraduates better trained if a graduate were sufficiently paid to retain the position. Say one head nurse of all medical wards and one of all surgical, whose time would be entirely taken up with the responsibilities of the work and training, and not with the manual labor of it.

A. M. HAMILTON.

THE PROBLEM OF THE THIRD YEAR.

The letters in a recent number of "The Canadian Nurse" on the problem of the third year in the training school, have been read with much interest and I wish that many more Canadian superintendents and nurses might give some special study to this question and present their views. Valuable as we all believe the preparatory course to be, there is this to be said about it: When we crowd so much teaching into the first year or first six months, we are very likely to be confronted in the third year with the problem of dissatisfied pupils, who, because they have had so much thrust upon them in the early training days, are very apt to feel that their last year is not specially valuable. Nurses complain that there is nothing left for them in the third year that is new. They get some lectures on diseases which do not differ greatly from those of the second year and which they feel do not add to their efficiency. They go over ground in the wards which they perhaps went over in the first six months. Therefore progress toward better methods in the beginning of the course demands a corresponding improvement in the methods of training at the end.

On the one hand we have critics bewailing because lectures are less frequent in the third year. On the other hand we have nurses complaining of the quality and frequency of the lectures. And there is no denying the fact that after being lectured and lectured to the point of weariness and dissatisfaction nurses have gone out to meet the difficulties of institutional work, and of private nursing, without one lecture dealing with the special problems they would be sure to meet. How can the third year be made to count most in the development of the nurse, is one of the great questions of the hour.

In a letter from a superintendent of long experience, which lies before me, this sentiment occurs and I pass it on, because I feel the point she raises is worthy of much thought:

"I think if any scheme could by any possibility be devised by which our

nurses could be taught the advantage to themselves of helping themselves to the knowledge which is lying all around them waiting to be picked up, we should all profit by it; instead of the attitude which too often prevails of expecting somebody to stuff them with knowledge in the same way as they fatten a chicken in Paris, by chopping the food up and putting it down their throats."

I am fully convinced that if more thought and study in the third year were devoted to the problem of how to quicken the nurse's observing powers, deepen her interest in the special study of individual cases, formulate her ideas into concise form, and to helping her to form habits of independent study and research, we should confer a greater benefit on her than by following the old stereotyped plan of lecturing at her, or "stuffing her with knowledge" as the writer quoted suggested.

There is no denying the fact that the special knowledge the nurse superintendent needs differs widely from the special knowledge the private nurse needs. If a nurse has not learned the action of the common medicines and how to administer them properly in two years, she will never learn it. That knowledge may suffice for the private nurse, but the institutional nurse in a small hospital must needs learn a good deal about medicines beyond that point. She is forced by stern necessity to do a good deal of work that in larger hospitals is done by the institutional pharmacist. A good course of lessons in elementary pharmacy with some instruction in chemistry and the buying of drugs mixed in, would have helped many of us to better deal with the perplexing problem of drugs in the hospital which we found no means of evading.

Whether or not the pupil nurses from institutions should be allowed to gain experience in nursing in private homes before graduation is a problem which the necessities of the case will settle in different hospitals, and one on which no satisfactory ruling has yet been made for the hospital and nursing world in general. But there is no denying the fact that nurses need some plain, practical instruction regarding the business of private nursing. A dozen lectures is none too many to devote to this subject. In that course I would include instruction about the outfit a nurse needs for starting; how to work up a practice in a new place or locally; the principles that should govern the nurse who goes to a hospital for special duty; the management of the daily routine in a private home; care of room, preparation of meals; time off duty, etc. A whole lecture might profitably be devoted to the obstetric nurse—not obstetric technique but obstetric tact, how to get along with the baby's grandmother, with adoring aunts and cousins and inquiring friends, with the baby's father and the baby—how to conduct herself while in the bosom of that family so that they will want her again when the next baby arrives and will recommend her to their friends.

The nurse's relation to the men of the house is a question that should not be ignored. If the lady of the house is sick she may not relish the idea of the nurse having long conversations with her husband. If the man of the house is sick his wife wants a nurse who is never free in manner. This is no fanciful story. Many a nurse has been unceremoniously dropped from a

case because of some offence she had unconsciously and innocently committed. All women are not jealous—many are, and pupil nurses ought to be told of these possibilities before they are launched as independent workers.

The question of rules of conduct when called to nurse in hotels, of uniforms in such places, is important. Many hotelkeepers do not relish the sight of a nurse in uniform in the halls and dining-room, and I know of nurses who have had to come back for a working dress that was not a uniform, and religiously conceal the fact that they were nurses from the world in general, which is all, more or less, given to curiosity.

The making of engagements, the business side of nursing, the ethics of responses to calls—all these and a hundred other phases of this subject ought to be dealt with before a nurse graduates. It is far more important that she get such practical instruction than long, dry lectures on diseases which she will rarely or never have to deal with. The plan of teaching this branch by a round table discussion, giving each member of a class a question to consider a week beforehand, seems to me far better than the lecture method.

Half a dozen lectures on the duties and responsibilities of head nurses ought to come in somewhere in the third year. A little experience in this line is good, but a few principles that will help the nurse to "find herself" when she goes to another hospital are as surely needed as the experience in routine duties.

There are two or three books which, if I were again in hospital work, I should require my third year nurses to read and study in private, and their final examinations would be chiefly on the contents of those books. One is "A Nurse's Handbook of Medicine," by Dr. Norman Henry, and another is "The Surgical Assistant," By Dr. Walter Brickner. The private study of these books would help to clinch the studies of the previous year and would, I feel sure, do more in the way of the intellectual development of the nurse than weekly lectures covering the same ground.

Then I would have every nurse make a careful study of Knopf's Prize Essay on Tuberculosis and prepare a paper on that subject. She will get more real benefit out of her study and efforts to discuss that subject intelligently, than out of half a dozen lectures.

These are some of the methods which I think should be helpful in making the third year count more in the development of the nurse. The suggestions made by Miss Stewart regarding instruction in the social aspects of nursing, her relation to the great world of philanthropy, her responsibility to society in general, all need to be presented. The world the nurse lives in is no larger than her interests. If her interests are limited to the routine work of the sick-room, she can never be expected to accomplish her best for the betterment of humanity in general.

CHARLOTTE A. AIKENS.

THE REFRIGERATOR.

A great deal has been said lately about the wily typhoid germs and other microbes lurking in the milk and drinking water. But how few people think that possibly their own refrigerators may be the cause of much of the trouble? —the refrigerators so badly kept—so unclean that they are veritable culture beds for germs.

Not many weeks ago I was nursing in the family of a lady of high social standing, whose sons were attending a collegiate school where the ordinary city water, filtered, was served at the table. This lady insisted that the school authorities supply "Laurentian" drinking water to the boys.

This, of course, was a wise precaution, but a short time after this I had occasion to go to the well-appointed, but badly-kept refrigerator. There was odor, disorder, filth. There were four uncovered vessels containing milk—to say nothing of the cream, butter, meats, etc.—and yet the cook was apparently an intelligent woman.

In another, and less pretentious house, was a refrigerator of smaller dimensions where no servants were kept and everything was apparently spotlessly clean—save the refrigerator, which for some unaccountable reason, was leaking. I was appealed to for my opinion as to the cause of the leakage (trained nurses are supposed to be household engineers). Investigation then brought to light a mass of foul smelling dirt and slime in the bottom of this ice box, which choked the drainage pipe, with the result that the water being directed from the proper channel, poured into the storage box below, thence to the floor.

I removed my cuffs, rolled up my sleeves, donned a kitchen apron, and proceeded to give the young housewife a lesson in thorough cleaning, accompanied by a dissertation on the necessity of absolute cleanliness if we would avoid the spread of disease.

It will doubtless surprise many of my sister nurses to learn that this young housekeeper did not know that her refrigerator should be thoroughly cleaned at least once a week, neither did she know that its internal mechanism could be taken apart. Judging from the numerous appeals subsequently made to me for assistance on various subjects, she evidently considered she had engaged a sort of walking encyclopedia as a nurse.

Montreal. ELEANOR SAIT

SCHOOL NURSING IN PUEBLO.

Two of our best known Canadian nurses are now at work in Pueblo, Colorado, Miss Gordon, who is superintendent of the Pueblo General Hospital and Miss L. L. Rogers, formerly superintendent of school nurses in New York City. Miss Gordon will be remembered as one of the leading graduates of Toronto General Hospital, afterwards superintendent of the Emergency Hospital, Toronto, and of Kingston General Hospital, and president of the Ontario Graduate Nurses' Association. Miss Rogers has been appointed chief school nurse under the Board of Education in Pueblo, and we feel sure she and Miss

Gordon will do a great deal of good work in Pueblo. The only regret we have is that they are not in Canada. We congratulate Pueblo, but in the meantime the nursing profession in Canada hope for the return of both these Canadian nurses. Miss Rogers writes:—

"I love the country here—the beautiful mountains—can see Pike's Peak from my window, and it is beautiful. The air is lovely, and it is like our spring nearly all winter. The people are so cordial and generous and make every effort to have people feel at home. So much for preliminaries.

"I began my work on Jan. 5th. There are 12 schools in our district. (The city is divided in two by the Arkansas River, and the north side and south side are entirely separate as far as school systems go. Each side is called a district, and we are District 20.) The attendance in these twelve schools is 3,683 pupils. The attendance in each is varied, one school has 453 and another has 67.

"I made an inspection of all the schools the first week and examined the throat, skin, eyes and hair. The second time I inspected the eyes for defective vision, and found out of 750 pupils, 641 had imperfect sight. I indexed all the cases of enlarged tonsils, granulated lids and defective vision subject to the approval of the school physician, who is to be appointed at once. We are going to get an instrument to test the hearing, and I expect, when it comes, some amazing statistics will be had.

"I am constantly entertained by the sayings of the children. One girl told me she had "nervous prosperation," and that was why her eyes were so weak. Another said her "eyes were bad because the scarlet fever settled once in my eyes and now it had settled twice." She was badly off, poor thing.

"There are no skin diseases here and no unclean heads, so that the work is really physical defects. Postal cards are sent out to the parents, who are urged to take their children to their own physicians. These have the return postal which the doctor is asked to fill in and return

"This is my report for the month of January, 1909:—Number of children examined, 3,469; number with enlarged tonsils, 527; number with defective vision, 641 (only 750 examined); number with granulated lids, 125; number sent to dispensary, 40; number visits to homes, 91."

HISTORY OF THE CANADIAN NURSE.

It is really in the first instance to an impulse from the Great Canadian West that we owe the founding of our National Nurses' Magazine.

Miss Lennox, the president of the Alumnae Association of Toronto General Hospital, in 1904-5, had resided for some time in Alberta, and had an opportunity to realize the need of such a magazine, not only in the cities, but on the prairies.

In this connection it should be remembered that the Association of Graduate Nurses of Calgary, Alberta, wrote to the Toronto Medical Society about the founding of a Nurses' Journal almost at the same time.

In the presidential address of Miss Lennox, delivered in November, 1904, the following passage occurs:

"And now, ladies, the work I most desire to accomplish this year is the institution of an Alumnae Journal. I am sure we can do it and I believe it will be invaluable toward the carrying out of the objects of our Association, as called for in the constitution, namely, 'the promotion of unity and good feeling among the Alumnae and the advancement of the interests of the profession of nursing.' It seems to me the way to reach the greatest number of our graduates and to get in touch with the work done by our nurses in so many parts of the world. As for the nurses who are far away, and many of them are lonely and hungry for news of their Alma Mater and sister graduates, it would mean more than we can imagine, unless we have experienced the loneliness of being strangers in a strange land. The commercial side is not the least important. I see our treasury gaining in funds. I think there would be few of our nurses who would not support the scheme. To us it would mean much labor and anxiety, but why should we shirk responsibility? Other Alumnae Associations succeed in managing Alumnae Journals, Registries, Clubs, and various other business enterprises. This is the oldest and largest Alumnae in Canada. Is it not time we would undertake something really serious? Many members have expressed their willingness to work—how many will prove their willingness by making this a year of personal endeavor, a year of honest, hard work, in which we may get at the root of these things, which are of so much importance, that each one may understand what our needs really are and be able to discuss ways and means of attaining something better?

"I should like to see this Association divided into committees on the different branches of work, that every member should have her special duties to perform and the whole hour of our meetings spent in reports of work accomplished toward the promotion of unity and good feeling among the Alumnae and the advancement of the interests of the profession of nursing."

At the regular monthly meeting of the Alumnae Association of the Training School of the Toronto General Hospital for December 13th, 1904, Miss Hodgson gave a paper on the advisability of publishing a periodical, mentioning various papers, among others, that of the Queen's Jubilee Nurses, edited by Lady Hermione Blackwood, Lord Dufferin's daughter, and that of the Johns Hopkins graduates. The latter is published four times a year, and is a great factor in the maintenance of stronger fellowship and good feeling. Reports of the Alumnae Associations are published in it and all items of interest concerning the nurses. The revenue is largely from the advertising columns. The regular subscription is fifty cents a year. For members, the subscription and fee are combined. This paper was appreciatively received.

Moved by Miss M. Christie, seconded by Miss Tweedie and carried, that a committee be appointed to obtain all possible information regarding the publication of a paper, cost, etc., and report at the next monthly meeting. This committee was appointed as follows:—Miss Hodgson (Convener), Miss Mitchell and Miss Duncan. Others were added to the committee, including

the President, Miss Lennox, Miss Beam, Miss Hargrave, and Miss Christie, who from the first acted as business manager. A number of subscriptions were secured and a good deal of advertising patronage.

The next difficulty was to find an editor, and Dr. Helen MacMurchy, who had already assisted members of the committee with advice about various matters connected with the editing and publishing of a magazine, was asked to attend a meeting of the committee at the residence of the convener, about the middle of January, 1905.

At this meeting Dr. MacMurchy was offered the position of editor, but declined, giving as her reason that she thought it would be better to have a nurse as editor, and promising to assist in every way, especially for the first number.

On February 1st, 1905, some members of the committee called on Dr. MacMurchy, and informed her that she had been formally appointed editor at a subsequent meeting of the Publication Committee, and that it was felt if she declined, the project of publishing a magazine must be indefinitely postponed.

Under these circumstances, Dr. MacMurchy consented to take the editorship for one year, on the understanding that the committee would endeavor to find as nurse as editor before the end of that year.

Already the magazine was assuming a national character, as will be seen from the following staff:

Committee on Publication.—Miss Mitchell, Miss Lennox, Miss Hargrave, Miss Christie, Miss Beam, Miss Hodgson.

Collaborators.—Miss Chillman, Supt. General Hospital, Stratford; Miss Sheppard, Supt. General Hospital, Guelph; Miss Scott, Supt. Ross Memorial Hospital, Lindsay; Miss Gordon, Supt. General Hospital, Kingston; Miss J. Christie, Supt. Lakeside Hospital, Cleveland, Ohio; Miss C. M. Hall, Supt. W. C. A. Hospital, Jamestown, New York; Miss F. Sharpe, Supt. General Hospital Woodstock; Miss Gregory, Supt. St. Luke's Hospital, St. Louis, Mo.; Miss Mollie Stuart, Supt. Marion Sims Sanitarium, Chicago; Miss Crawford, Winnipeg; Miss J. Neilson, New York; Miss Newman, Victoria; Miss L. Sutherland, Lakeside Hospital, Cleveland; Mrs. Paffard, Toronto.

Business Manager.—Miss Christie.

Associate Editors.—Miss Robinson, Supt. General Hospital, Galt; Miss Hodgson, Toronto.

Editor.—Dr. Helen MacMurchy.

Other names added afterward were Miss De Vellin, Miss Donnelly, Miss Matheson, Mrs. Yorke, and Miss Butchart.

The magazine rapidly enlarged, Montreal, Winnipeg and other cities lent their aid, and before the end of the year "The Canadian Nurse" was the official organ of eight different Nurses' Associations.

The first year closed in December, 1905, with a well-established magazine, entirely free of debt, and with a balance of $50 to its credit. It should also be stated that both the editor and the business manager were paid a modest sum for the time and work so generously given.

This account would be incomplete without special mention of the great

services rendered by Miss Hargrave, who proved herself from the beginning an ideal editor of one of the most important departments of the magazine, and endeared herself to the committee and to the subscribers by her unfailing loyalty, interest and enthusiasm. The same may be said of Miss Mitchell, the convener, Miss Hodgson, the assistant editor, and also of Miss Christie, the business manager, whose work in this department was admirable.

"The Canadian Nurse" was, of course, greatly interested in Bill No. 106, for Registration of Nurses in Ontario, and the members of the staff took a great share in that active and not altogether unsuccessful campaign.

In September, 1906, the affairs of the magazine reached a crisis. The efforts made to secure a nurse as editor had been unsuccessful, the illness of Miss Christie and her consequent long absence from the city rendered it impossible for her to attend to the duties of business manager, and other arrangements had to be made.

Miss Mitchell, to whom "The Canadian Nurse" owes so much, devoted part of her off-duty time to the securing of advertisements and other business. Miss Mitchell was then in charge of the Tuberculosis Clinic at Toronto General Hospital. Circumstances which need not here be explained, arose unexpectedly, and rather than desert the magazine, Miss Mitchell was compelled to give up her appointment and return to private nursing, a field of work where she is well known as one of the best nurses in Canada.

The serious nature of the crisis may best be appreciated by considering that subscriptions had come in from all over Canada, that subscribers had practically demanded a monthly magazine, that little advertising patronage could be got for a quarterly, and that the committee were all very busy women, constantly engaged in private nursing, with one or two in hospital positions, and were consequently unable to give the time necessary to carry on a monthly magazine. However, each one did what she could, and the work of the editor, convener, and the members of the staff was rewarded. "The Canadian Nurse" had an assured position and a mailing list of over 1,300, stretching from the Atlantic to the Pacific, and indeed around the world. Its expenses are very heavy. It costs thousands of dollars to bring out 1,500 copies monthly, or 18,000 annually. But we have never borrowed, even for a day, all the debts are paid except that the editor's salary is at present so small as to be merely nominal.

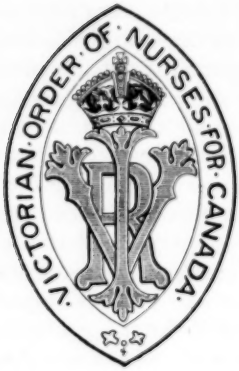
A visit by the president, Miss Mitchell, and the editor, to Montreal in November, 1906, was a most delightful occasion, and as profitable as it was delightful.

The editorial board are all trained nurses, and represents all the nursing organizations of Canada, each association of nurses at its annual meeting electing one member.

The board also represents the subscribers, additional members being named in places where there are many subscribers. Every province of the Dominion of Canada has at least one representative. There is one in Yukon Territory, one in Labrador, and one in Newfoundland. Canadian nurses in the United States have also members on the editorial board. The president, the treasurer and the editor are appointed by the editorial board.

During the years 1907 and 1908, "The Canadian Nurse" continued to make excellent progress. Even the "hard times" did not swamp our little new ship. At the end of 1908 the editorial board determined to separate the business and financial management from the editorial management, and made advantageous arrangements with Mr. James Acton, head of the Acton Publishing Company, of Toronto, with this in view. The editorial management remains entirely in the hands of the profession, represented by the editorial board, and the prospects of the magazine are brighter than ever they were. The editorial board take this opportunity of thanking the profession in Canada for the loyal support they have at all times given the magazine, and of congratulating them on the fact that the magazine is now so well established. It only remains to say that the editorial board have every confidence in the future of the magazine, both from a professional point of view and from the point of view of the publisher. Mr. Acton's publishing house is one of the leading publishing houses of Canada, and will, we are persuaded, conduct the business part of our work in a manner worthy of the profession. This and the single-hearted service of the profession has always been and will always be the first aim of the Editor and of the Editorial Board.

As a matter of fact, an intelligent person, looking out of his eyes and harkening in his ears, with a smile on his face all the time, will get more true education than many another in a life of heroic vigils. There is certainly some chill and arid knowledge to be found upon the summits of formal and laborious science; but it is all around you, and for the trouble of looking you will acquire the warm and palpitating facts of life. . . . Many who have plied their books diligently and know all about some one branch or another of accepted lore come out of the study with an owl-like demeanor, and prove dry, stockish, and dyspeptic in all the better and brighter parts of life. Many make a large fortune, who remain underbred and pathetically stupid to the last. And meantime there goes the idler, who began life along with them—by your leave, a different picture. He has had time to take care of his health and his spirits; he has been a great deal in the open air, which is the most salutary of all things for both body and mind.—From "An Apology to Idlers," by Robert Louis Stevenson.



VICTORIAN ORDER OF NURSES.

The eleventh annual meeting of the Victorian Order of Nurses took place at Government House, Ottawa. Her Excellency presided and there were present: Her Excellency the Countess Grey, Mrs. R. L. Borden, Mrs. Learmont, Mrs. McCarow, (Montreal), Mrs. Crerar, (Hamilton), Mrs. Ellis, (St. John, N.B.),Miss McKenzie, chief lady superintendent of the order, Sir Sanford Fleming, Mr. Courtney, C.M.G., Senator Cox, Senator Ellis, Dr. Bruce Smith, (Toronto), E. C. Whitman, (Canso, N.S.), Rev. Dr. Hill, (Montreal), Dr. Gibson, John Fraser, Dr. C. Morse, K.C., J. F. Orde, K. C., George Burn, Bennett Rosamond and Dr. McGregor, (Almonte).

The honorary secretary's report was read by Dr. Gibson, the prevailing note being that of robust confidence in the work of the order for the ensuing year. Mr. John Fraser presented the report of the honorary treasurers which showed that besides meeting all the demands of expenditures the revenue permitted from its surplus a donation of $2,500 to the Lady Minto Cottage Hospital fund. Miss McKenzie then presented her report, as chief lady superintendent, which was characterized by His Excellency as a "most inspiring document for the future of the order."

Miss McKenzie's probationary appointment as chief lady superintendent was confirmed and made permanent on motion of Her Excellency, who paid a high tribute to the tact and executive ability shown by Miss McKenzie in her work.

His Excellency responded in his usual happy vein to a cordial resolution of thanks, assuring the board of the abiding interest of Lady Grey and himself in everything Canadian, more especially institutions for benefiting the sick and needy.

The board of governors and delegates were entertained at luncheon by Her Excellency at the close of the meeting.

A post-graduate course in District Nursing, four months, is given at one of the homes of the Victorian Order of Nurses, either in Ottawa or in Toronto. For full information, apply to the Chief Superintendent, 578 Somerset St., Ottawa, or to the District Superintendent, 206 Spadina Ave., Toronto.

The Guild of Saint Barnabas

GUILD OF ST. BARNABAS.

At a meeting of the Guild held at St. James' Rectory on Friday, January 29th, it was decided to hold the meetings at the different hospitals, so as to enable nurses still in training to attend these meetings, and thus become familiar with the objects and service of the Guild. Through the kindness of Miss Snively the first of these meetings was held at the Nurses' Residence of the General Hospital on Friday evening, February 26th. There was a large attendance of members of the Guild and pupil nurses. The chaplain, Canon Welch, told how the Guild had originated in London about thirty years ago and how there were now branches in all the colonies. He then explained the object and aim of the Guild and read the rules. The Guild office was then proceeded with, followed by the address.

At the close of the service the superior, Mrs. Welch, annnounced that the next monthly meeting would be held at St. James' Rectory and extended a cordial invitation to the nurses to be present, not necessarily to join the Guild, but hoping that many would feel inclined to do so.

The meeting of St. Barnabas Guild for April will be held, by kind permission of the superintendent, at the Nurses' Residence of Grace Hospital on Friday, April 30th, at 8 p.m.

HONORABLE BUT NOT DEVOUT.

Then there is that large body, that very large body, of people who are honorable but no devout. We come across them at all hours of the day—doctors, students, sisters, nurses. A sister in a continental hospital comes before my mind at the moment. I can see her in her ward—absolutely upright, straight as the Psalmist's palm tree; absolutely true; would never allow a liberty to be taken with her; honorable through and through. Her ward is a model ward. Her life is a model life Perhaps she is a little bit hard, perhaps she is just a trifle unsympathetic; but she is honest to the core. Either some devout but not honorable person has thrown her off, or her upbringing has never given her the chance of learning that which is the very basis of our lives.—*The Chaplain, in Misericordia.*

My Scallop-Shell of Quiet

GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Blood must be my body's balmer;
No other balm will there be given:
Whilst my soul like quiet palmer
Travelleth toward the land of Heaven:
My soul will be a-dry before,
But, after, it will thirst no more.

—*Sir Walter Raleigh*

A PRAYER.

O Lord, Thou hast most wisely fashioned man's body, thousands upon thousands of organs hast Thou joined in it to work incessantly in order to build up, preserve the beautiful whole, the dwelling of the immortal. In perfect order and union they will perform their functions, but when their harmonious action is interrupted by the fragility of the constructive material or the perversity of the passions, the forces will antagonize each other and the body may perish. And Thou sendest the warning messengers, diseases, to man, to show the threatening danger and stir him to try and avert it.

Thy earth, Thy rivers, Thy mountains are full of healing substances which have the power to mitigate suffering and to prevent the destruction of Thy creatures. And to man Thou hast given wisdom to study the body and understand the organs in their order as well as disorder; also to seek and find those remedies and prove and prepare them according to the indications, for disease.

Let me be always myself and my attention fully concentrated, at the bedside, nothing foreign must disturb it, so that all the experience and insight I may have will be at my command in the case before me.

Fill my patients with confidence in myself and my art, and with obedience to my advice.

Keep away, O Lord, from the sick chamber every quack and the whole army of advisory relatives and the otherwise nurse, they constitute a cruel set of people, who, in their vanity, may spoil the best work of medical art, and not infrequently assist the disease in destroying the patient.

When wiser counsellors than myself are ready to correct and improve my knowledge, let me gratefully receive their counsel, for art is broad and wide, and no man can know all.

But should the vain and unwise find fault with my skill, then make me same against the greater fame and age of others.—*Prayer of a Physician of Alexandria in the Twelfth Century Before Christ.*

The Canadian Nurse

VOL. V. TORONTO, APRIL, 1909 No. 4

Editorial

A CANADIAN NURSE BACK TO CANADA.

We are glad to welcome back to Canada Mrs. E. G. Fournier, a graduate of Harper Hospital, Detroit, and afterwards principal of the Training School for Nurses and matron of the University Hospital, Ann Arbor, Mich. From there she went to Hope Hospital, Fort Wayne, Indiana, where she has been for the last ten years as superintendent of the hospital and principal of the Training School for Nurses. She was for five years president of the Indiana Nurses' Association, and is now one of the directors of the American Society of Superintendents of Training Schools for Nurses, and one of the directors of the Nurses' Associated Alumnae of the United States. She is also on the editorial staff of the American Journal of Nursing. Mrs. Fournier is a Canadian by birth and upbringing and belongs to St. Thomas, Ontario.

Mrs. Fournier is to be in charge of the "Minnewaska," at Gravenhurst, which has been purchased as a private hospital for the patients of Dr. Charles D. Parfitt. Dr. Parfitt's brilliant reputation and excellent scientific work for tuberculous patients will give the hospital a high standing, and we congratulate ourselves as well as Dr. Parfitt and Mrs. Fournier on the establishment of the new hospital. We understand the new hospital, which was opened on March 1st, is already practically full, and we hope the nurse and doctor in charge may have the happiness of sending many a patient back fit to join the ranks of the workers, and fight the battle of life as bravely as ever. The rich are provided for in Ontario, so are the poor. This is a good provision for people of moderate means, and we are glad indeed that Mrs. Fournier is in charge of it.

NURSING CANADIAN MOTHERS.

We wish our readers, and especially the leading members of Nursing Associations, would turn again to "The Canadian Nurse" for March, "A Nursing Problem in the West." We must not put the problem of caring for the mothers of Canada out of our minds. We hope it will be considered by the nurses of East and West alike. As Miss Johns says, "We should take counsel together, East and West, and find out how best we can answer, and that quickly, the exceeding bitter cry of our pioneer sisters of the West for help and succor."

Miss Johns' suggestion, that all western hospitals be required by the Government to take obstetrical cases, and that the Government should give financial aid to all such hospitals to enable them to take in every maternity case

that applies is a good one and should be carried out. Miss Mackenzie, Chief Lady Superintendent of the V.O., says on this question:—The idea of Mrs. Cran is to import midwives from England, which would be a most disastrous thing for the West—though I doubt if the West would consider employing such for a moment. The conditions are improving rapidly, young doctors are settling throughout the West, nurses are being placed in hospitals and in districts in the West, and in a few years there will be very few places where assistance cannot be procured on short notice. But meantime, there is a great deal of room for improvement and Miss Johns' suggestion about the small hospitals is a timely and good one. The people of Canada should solve this problem."

There are two sets of workers needed in this problem—the trained nurse and the domestic worker. The trained nurse problem can be dealt with by the V.O. throughout Canada.

CANADIAN HOSPITAL ASSOCIATION.

The third annual meeting of the Canadian Hospital Association will be held in the Parliament Buildings, Toronto, on the 12th and 13th of April. Papers are being secured from a number of the leading hospital workers in Canada. One or two visitors from the United States will be invited to take part in the proceedings.

An automobile drive will be given by the president, Dr. W. J. Dobbie, superintendent of the Weston Sanitarium, from Toronto to the sanitarium on the afternoon of the 12th. An inspection will be made of the methods employed there of treating patients suffering from pulmonary tuberculosis.

Among the social features will be a dinner to be held on the evening of the first day in the Speaker's dining-room in the Parliament Buildings.

Among the topics will be, "Treatment of Convalescent Patients," "Cost of Maintenance," "The Best Plan of Constructing a General Hospital of Fifty Beds," "The Treatment of Pulmonary Tuberculosis in General Hospitals," "The Management of Contagious Diseases in Isolation Hospitals."

THE JUBILEE CONGRESS OF DISTRICT NURSING.

Any nurse who can go in time to England should attend the Jubilee of District Nursing in Liverpool. Liverpool is the home of District Nursing, as it was founded there in 1859 by Mr. Wm. Rathbone and others. The Congress which will meet under the special patronage of Queen Alexandra, will be held on May 12, 13 and 14, and it is hoped that the opening gathering will be attended by a member of the Royal Family. Delegates from all District Nursing Associations throughout Great Britain, Ireland, the Continent of Europe, the United States of America, and the Colonies, as well as representatives of medical authorities and of hospitals, with others interested in social work amongst the poor have been, or will be, invited. A reception at the town hall by the Lord Mayor on the first day will be followed in the evening by the

inaugural public meeting, and on the second and third days the sections will assemble in two adjoining halls in the Central Hall Building in Renshaw Street, in order that if one subject is not concluded, the other may commence at the hour fixed. The sections will be divided as follows: (1) The History of District Nursing in England and other Countries; (2) The Importance of District Nursing as a Factor in Social Work; (3) Maternity Work in Connection with District Nursing; (4) Co-operation with Boards of Guardians; Charity Organizations; Public Health Departments; Prevention of Tuberculosis; Giving of Relief; Payments of Patients; (5) School Nursing in connection with District Work; (6) The District Nurse, Training, Inspection, etc.; (7) Future Developments. There will be an At Home on May 13, and a reception on board an Atlantic liner on May 14, so that visitors to the Congress will be able to combine business with pleasure.

HEROES ALL.

The captain of the *Republic*, and the brave Binns, skilful and efficient wireless operator and man, were not the only heroes of the recent deep sea disaster which ended so favorably. Another hero was the brave fireman, who, when the waters rushed in the engine-room, waded through water to his armpits, opened the safety valves, thus allowing the steams to escape, thereby saving the lives of all on board. Otherwise the steamer would have been blown up. Still another heroic soul was Miss Perkins, a saloon passenger, travelling alone on the *Republic*, who devoted her whole time after the accident to assisting the brave stewardesses in caring for the injured passengers.

When the passengers were transferred during the night from the *Florida* to the *Baltic*, the sailors found, in attempting to remove Mrs. Murphy, one of the severely injured, that it could not accomplished until daylight. Miss Perkins, with the stewardesses, nobly waited with the wounded and possibly dying woman on what was then thought to be a sinking ship until 7.30 a.m., when they were safely transferred to the *Baltic*. Heroes all.

THE COLONIAL NURSING ASSOCIATION.

In the Falkland Islands, the Straits Settlements, Gibraltar, the Gold Coast, Bankok, Shanghai, Ugassaland, Uganda, in fact everywhere around the world, the nurses of this powerful association carry on their good work. The president of the association is Lord Ampthill, who did such great service for the cause of Nurses' Registration in the House of Lords, last year. The founder of this association was a woman. Lady Pigott, when resident at the Mauritius Islands, saw the great waste of life among Europeans abroad for want of skilled nursing, and took steps to found the association, which now has the honor, not only of making grants and loans to establish this work in new places, but of selecting all the nurses sent out by themselves, and all the nurses sent out by the British Colonial Office.

MAKING GOOD CANADIANS.

The Mission House at Ethelbert, Manitoba, is doing a good work for the country in trying to make good Canadians out of the young Galicians. The interesting letter from the Canadian nurse (a graduate of Toronto General Hospital, and the wife of the Rev. Mr. Monro, the medical missionary there), which appears on another page of this issue, asks for a lantern to aid her in the work for the boys and girls and help in the fight against the superior attractions of the bar-room and the pool-room. We have the greatest pleasure in inserting the letter and hope that some of our readers will be able to help to send that lantern to Ethelbert.

REGISTRATION.

An important and pressing matter is the registration question. The nursing profession, as such, has no legal recognition in Canada. The public is protected against anyone who may fraudulently use the name of doctor, but a woman of no training, of no skill, of no knowledge, of little or no character, may call herself a professional nurse. We are glad to hear that the attention of the graduate nurses of Ontario is to be given to this matter. It is an urgent matter—the most urgent matter now before the profession in Canada and should be dealt with at the annual meeting of the Graduate Nurses' Association of Ontario in May, and at all similar annual meetings until it is settled.

THE HOSPITAL OF THE SIX NATION RESERVE.

On the well-known Six Nation Reserve, about twelve miles from Brantford and near the village and council house of Ohsweken, there is a fine little hospital in charge of a graduate nurse, Miss Walker. It was erected by the Indian Department at Ottawa, and consists of five beautiful tents, having double flaps, and very warm and comfortable. There is the operating tent, the men's tent, the women's tent, the tent for contagious diseases and the tent which is the residence of Miss Walker, who reigns supreme under the Reserve Doctor, Dr. Holmes, and has for assistant an Indian girl, and an older woman, as well as an orderly. Everything in the tents was in beautiful order, and the kitchen, a wooden building, was also very attractive. The tents have a special contrivance for ventilation, and are also provided with windows. They are heated by stoves in which natural gas is burned, and lighted by natural gas also.

There are eight beds in the hospital. Last week there were four patients, one with cancer, one with typhoid, one with tuberculosis, and one surgical case. The little encampment of tents looks picturesque from the council house.

Please put this address down in your address book—Miss Walker, The Hospital, Ohsweken P.O., Ontario, and send a magazine or two which you

have read yourself to that address now and then. The Indian patients will be grateful for them, and it will make you happier, too.

THE INTERNATIONAL CONGRESS OF NURSES.

Interest in the approaching International Congress of Nurses in London is growing rapidly and many of the superintendents and nurses all over Canada will make a great effort to be present. The superintendents of several of the leading Canadian Hospitals are making their plans for going, and will almost certainly be able to carry them out if no unforeseen difficulties occur to prevent them crossing the sea for a few weeks. Our nursing contemporaries are devoting a great deal of space to the Congress, and a recent allusion in "Kai Tiaki," the New Zealand nurses' magazine, deserves more than a passing mention. Our contemporary, after alluding to preparations among New Zealand nurses to attend the Congress, remarks that, of course, New Zealand nurses will not wish to join the Congress as the nurses of a foreign country, but as a part and parcel of the British Nurses' Association. That is right! Good for New Zealand! They know how in New Zealand! They were first on the wire with the offer of a battleship, and now they are first in type with the very thing we in Canada have been feeling, but did not know how to express. We now have the honor of proposing, in order that the nurses of New Zealand, Australia, South Africa, Canada and other Britons beyond the seas, in our profession, may be part and parcel of the British Nurses' Organization; that the name of the latter be changed to the Imperial British Nurses' Association. "The Canadian Nurse" has had the honor of consulting some members of the profession in Canada privately, about this matter, and they all thoroughly approve of the Imperial idea. Miss Snively, superintendent of the Toronto General Hospital Training School, on her attention being drawn to the matter, at once agreed in this view, and intends to propose it formally to the British officers of the International Congress of Nursing. As Lord Milner said more than once, during his recent visit to Canada, "We must do things together" in order to promote and solidify the unity of the British Empire. Here is a thing, and a good thing, which we can all do together. Let us do it so. Long live the Imperial British Nurses' Association.

The proper organization of such an Association will mean a great deal to us in years to come.

Another excellent suggestion about the Congress comes from Montreal. It is that Canadian nurses attending the conference should adopt some badge which would readily be recognized. We invite suggestions to be sent in at once on this subject. Probably the Maple Leaf, in some form, would be the best badge. What does everybody think?

Editorial Notes

The British Empire.

The Englishman's Home,—We note that English nursing journals are advising their readers to go to Wyndham's Theatre to see "An Englishman's Home," the melodrama which has done what Lord Roberts and all the King's horses and all the King's men could not do—roused the nation to the necessity of being prepared for invasion. Every patriotic nurse, "The London Nursing Times" says, ought to see the play. We will, when it comes to Canada. Some of us will see it in London this year.

England.

The Catholic Nurses' Association and Archbishop Bourne,—At the Convent of the Visitation, Harrow-on-the-Hill, and on the Feast Day of St. Francis de Sales, the Archbishop of Westminster presided over the meeting of the Catholic Nurses' Association and spoke to the nurses present of the importance of the aid of the Holy Communion in carrying out their noble vocation. He bade them remember their patients' needs as well as their own at such moments of close intimacy with their Creator, and said that the effects of such prayer would unconsciously manifest itself and thus help those whom they nursed. He reminded them that, hindered, as of necessity they must often be, from receiving Our Lord sacramentally, they could at all times make a spiritual communion, and in this way renew the divine presence spiritually in their hearts. The Archbishop then blessed the badges of membership, one of which he presented to each new member.

The Nurses' Social Union,—This excellent organization is making steady progress and now numbers 157 members. A constitution was adopted in December last. The branches at Bristol and Bute have recently had lectures on "Infant Feeding," by Dr. Annie Conrad, and "Nurses and Sanitation," by Miss Schiche.

Scotland.

Registration,—This is regarded by the medical and nursing professions in Scotland as desirable and certain to come. They recommend a bill, however, exclusively applicable to Scotland, but suggest that reciprocity be accepted. Thus, a nurse registered in England or Ireland would be accepted as registered in Scotland and vice verse.

India.

Trained Nurses,—Dr. Grace Mackinnon, of Patna, speaking at the London Nurses' Union, referred enthusiastically to the respect and esteem enjoyed by the British nurse abroad. She said also that it was hard to make a superintendent out of a native; they cannot rule. Another difficulty was that when you had just got them trained they would suddenly appear before you and say, "I want to be married," expecting the Doctor Sahib to select a suitable husband. However, the nurses were in great demand as wives, so that helped to solve the difficulty.

Tasmania.

The Australian Trained Nurses' Association,—A new branch of the Association has just been formed in Hobart town, for Tasmania. Every state in the Commonwealth of Australia has now a local branch of the A.T.N.A., (except Victoria, which has its own association). The organization is now complete. Each branch has control of nursing matters in its own state, works under the rules of the Association, and has the same journal, a uniform standard, uniform examinations and a common register.

United States of America.

Legislation,—The nurses of Michigan have prepared a bill to present to the legislature asking for a registration board of five persons to be appointed by the Governor from a list submitted by the Michigan State Nurses' Association, the majority of the board to be of nurses in active practice of the profession. The bill asks also for a three-years' course of training. The required fee will cover all expenses. Out of 35 Michigan Training Schools 28 have the three-years' course. Seventeen states have now state registration for nurses. "The Detroit Medical Journal" says, in a leading editorial, "The people of the State need the protection of such a bill, and they should have it at once."

New York State,—An increasing number are coming up for the State Examinations for registered nurses in New York State. 237 took the February examination.

We learn from the National Hospital Record that the American Hospital Association will hold its next meeting at Washington, D. C., September 21-24, 1909. Many physicians and others interested in the training school subject have been aproached, with the view of obtaining as wide a range of information and opinion as possible. The Committee on Education of the Association of American Training School Superintendents has also been invited to meet with the Special Training School Committee at their March meeting. The Committee on Education of the Association of Training School Superintendents includes the following: Miss Adelaide Nutting, Teachers' College, Columbia University, New York City; Miss Annie W. Goodrich, Bellevue Hospital Training School, New York City; Mrs. Hunter Robb, The Haddam, Cleveland, O.; Miss Clara D. Noyes, St. Luke's Hospital, New Bedford, Mass.; Miss Anna L. Alline, Inspector of Training Schools for Nurses, 132 Lancaster St., Albany, N.Y.; Mrs. E. M. Simpson, 311 Erie St., Chicago, Ill. An effort has been made to obtain all possible information in reference to nurse helpers and assistants and the demand for this class of co-workers. Miss F. H. Bescherer, of the Albany Guild for the Care of the Sick, has been invited to appear before the committee to explain the methods and results of guild work. The Commissioner of Education of the Department of Regents, New York State, has been invited to send a representative of the nurses' training school, Department of Regents, to meet with the committee at the coming session.

Editorial Board

Labrador

Miss Mayou, Supt. Dr. Grenfell's Hospital, Deep Sea Mission, Harrington.

Newfoundland

Miss Southcott, Supt. Training School for Nurses, General Hospital, St. John's.

Prince Edward Island

Miss A. M. Ross, Supt. Prince Edward Island Hospital, Charlottetown.

Cape Breton

Mrs. Lornay, Brooklands, Sydney, N.S.

Nova Scotia

Miss Georgina Pope, R.R.C., Supt. Garrison Hospital, Halifax.
Miss Kirkpatrick, Supt. Payzant Memorial Hospital, Windsor.

New Brunswick

Miss Hewitt, Supt. General Public Hospital, St. John.
Miss Keene, Supt. Victoria Public Hospital, Fredericton.

Quebec

Miss Colley, C.N.A., 133 Hutchison St., Montreal.
Miss Colquhoun, C.N.A., 75 Mansfield St., Montreal.
Miss Emily Freeland, R.V.H.A.A., 351 Prince Arthur St., Montreal.
Miss Hersey, Supt. Royal Victoria Hospital, Montreal.
Miss Lewis, S.C.S.T.S.N., Supt. Maternity Hospital, Montreal.
Miss G. M. Molony, Supt. Jeffrey Hale's Hospital, Quebec.
Miss F. M. Shaw, C.N.A.T.N., Montreal General Hospital, Montreal.
Miss L. E. Young, Asst. Supt. Montreal General Hospital, Montreal.
Miss M. Vernon Young, M.G.H.A.A., 59 Park Ave., Montreal.

Ontario

Mrs. V. A. Lott, B.G.N.A., Brockville.
Miss Morton, G.M.H.A.A., Supt. Gen. and Marine Hospital, Collingwood.
Sister M. Justina, Supt. St. Joseph's Hospital, Chatham.
Miss MacWilliams, R.A.H.A.A., Supt. Royal Alexandra Hospital, Fergus.
Miss Robinson, G.H.A.A., Supt. General Hospital, Galt.
Miss A.C. Smith, G.G.H.A.A., Supt. General Hospital, Guelph.
Miss Deyman, 87 Victoria Avenue, Hamilton.
Mrs. Newson, 87 Pearl St. N., Hamilton.
Mrs. Tilley, K.G.H.A.A., 228 Johnston St., Kingston.
Sister M. Regis, Supt. St. Joseph's Hospital, London.
Miss Stanley, V. H. A. A., Supt. Victoria Hospital, London.
Miss Chesley, O.G.N.A., Supt. St. Luke's Hospital, Ottawa.
Miss M. A. MacKenzie, Chief Lady Supt. V.O.N., Somerset St., Ottawa.
Miss Meiklejohn, L. S. I. A. A., Supt. Lady Stanley Institute, Ottawa.
Miss Duncan, Supt. General Hospital, Owen Sound.
Miss Hollingworth, G. & M.H.A.A., Supt. G. & M. Hospital, St. Catharines.
Miss Barwick, T.C.R.N., 644 Spadina Ave., Toronto.
Miss Butchart, W.H.A.A., 19 Oxford St., Toronto.
Miss Devellin, G.H.A.A., 505 Sherbourne St., Toronto.
Miss Ewing, T.C.R.N., 569 Bathurst Street, Toronto.
Miss Fogarty, R.H.A.A., Gerrard & Pape Ave., Toronto.
Miss Mary Gray, G.N.A.O., 505 Sherbourne Street, Toronto.
Miss E. R. Greene, T.G.N.C., 418 Sumach St., Toronto.
Miss Hamilton, H.S.C.A.A., 608 Church St., Toronto.
Miss Kelly, St. M.H.A.A., 30 Huntley St., Toronto.
Miss Lennox, G.N.A.O., 107 Bedford Road, Toronto.
Miss Amy Taylor, G.S.B., 14 Elmscourt Irwin Ave., Toronto.

Manitoba

Miss Gauld, M. A. G. N., 414 Skelden St., Winnipeg.
Miss Birtles, Supt. General Hospital, Brandon.
Miss Gilroy, W.G.H.A.A. 48 Harriet St., Winnipeg.
Miss Hewley, Supt. Lady Minto Hospital, Minnedosa, Man.
Miss McKibbon, 375 Langside Street, Winnipeg.
Mrs. P. H. Snider, Supt. General Hospital, Neepawa, Man.
Miss I. M. Stewart, 407 Pritchard Ave., Winnipeg.

Saskatchewan

Miss Blakeley, Supt. Queen Victoria Hospital, Yorkton.
Miss Chalmers, Supt. Victoria Hospital, Regina.
Miss Heales, Supt. V.O. Hospital, Melfort, Sask.
Miss Shannon, Lady Supt., V.H., Prince Albert, Sask.

Alberta

Miss Scott, Supt. General Hospital, Calgary.
Miss M. M. Lamb, Fort Saskatchewan, Alta.
Miss E. P. Mckinney, C.G.N.A., Calgary.
Miss McIsaac, E.G.N.A., Supt. The City Hospital, Edmonton.
Miss G. A. Mitchell, Supt. Isolation Hospital, Edmonton.

British Columbia

Miss Judge, V.G.N.A., 811 Thurlow St., Vancouver.
Miss McDonald, Supt. Prov. Royal Jubilee Hospital, Victoria.
Miss Ethel Morrison, T.N.C., 1442 Elford St., Victoria, B.C.
Miss Evans, Supt. Kootenay Lake General Hospital, Nelson.
Miss Green, Supt. Gen. Hospital, Golden.
Miss Roycroft, A.A.V.G.H., Vancouver.

Yukon Territory

Miss Moodie, Hospital of the Good Samaritan, Dawson.

The United States of America

Miss Hodgson, Supt. Episcopal Hospital, 15th St. N.W., Washington, D.C.
Miss L. L. Rogers, Supt. School Nurses, Pueblo, Colorado.
Miss Gilmour, 265 Henry St., New York.
Miss Mitchell, 4253 Wabash Ave., Chicago.
Miss Flaws, Supt. Butterworth Hospital, Grand Rapids, Mich.

President

Miss Crosby, 45 Dundonald St., Toronto.

Vice-President

Miss Christie, 19 Classic Ave., Toronto

Assistant Editors

Miss F. Madeline Shaw, Montreal General Hospital, Montreal.
Miss Wilson, Supt. General Hospital, Winnipeg.
Mrs. B. G. Hamilton, 1012 Seventh Street, Calgary.
Miss McFarlane, Supt. Gen. Hospital, Vancouver.
Miss Hargrave, B.A., 146 Winchester St., Toronto.
Miss Graves, St. Michael's Hospital, Toronto

Editor

Dr. Helen MacMurchy, 133 Bloor St. East, Toronto.

Official Department

"The Canadian Nurse" has the honor of publishing official information from—

Queen Alexandra's Imperial Military Nursing Service.
The Canadian Permanent Army Medical Service (Nursing Branch).
The Canadian Society of Superintendents of Training Schools for Nurses.
The Canadian National Association of Trained Nurses.
The Association of Hospital Superintendents of Canada.
The Canadian Nurses' Association.
The Manitoba Association of Graduate Nurses.
The Graduate Nurses' Association of Ontario.
The Victorian Order of Nurses.
The Guild of St. Barnabas for Nurses.
The Brockville Graduate Nurses' Association.
The Collingwood G. and M. Hospital Alumnae Association.
The Calgary Graduate Nurses' Association.
The Edmonton Graduate Nurses' Association.
The Ottawa Graduate Nurses' Association.
The Fergus Royal Alexandra Hospital Alumnae Association.
The Galt General Hospital Alumnae Association.
The Guelph General Hospital Alumnae Association.
The London Victoria Hospital Alumnae Association.
The Kingston General Hospital Alumnae Association.
The Montreal General Hospital Alumnae Association.
The Montreal Royal Victoria Hospital Alumnae Association.
The Ottawa Lady Stanley Institute Alumnae Association.
The St. Catharines General and Marine Hospital Alumnae Association.
The Toronto Central Registry of Nurses.
The Toronto General Hospital Alumnae Association.
The Toronto Grace Hospital Alumnae Association.
The Toronto Graduate Nurses' Club.
The Toronto Hospital for Sick Children Alumnae Association.
The Toronto Riverdale Isolation Hospital Alumnae Association.
The Toronto St. Michael's Hospital Alumnae Association.
The Toronto Western Hospital Alumnae Association.
The Winnipeg General Hospital Alumnae Association.
The Vancouver Graduate Nurses' Association.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE,

The following ladies have received appointments as Staff Nurses: Miss A. L. Plimsaul, Miss G. M. Watkins.

Postings and Transfers.

Matrons.

Miss A. B. Smith, R.R.C., to Army Headquarters, Pretoria, on arrival in

Sisters.

Miss M. E. Neville, to The Queen Alexandra Military HP., Millbank, London, from Royal Infirmary, Dublin.

Miss L. E. C. Steen, to The Royal Alexandra HP., Cosham, from the Q. A. Military HP., Millbank.

Miss E. M. Fairchild, to Military HP., Bloemfontein, South Africa, from Military HP., Standerton.

Miss M. Wright, to Military HP., Harrismith, from leave in England.

Miss R. Osborne, to Military HP., Wynberg, from Military HP., Standerton.

Miss G. M. Smith, to Military HP., Cairo, Egypt, from Military HP., Alexandria.

Miss E. M. Lang, to The Alexandra HP., Cosham, from duty on T. S. "Plassey."

Miss A. Rowe, to T. S. "Plassey" for duty, from Military HP., Devonport.

Miss S. B. Lanyon, to T. S. "Plassey" for duty, from Military HP., Curragh.

Staff Nurses.

Miss K. F. Fawcett, to The Queen Alexandra Military HP., Millbank, London, from Military HP., Shorncliffe.

Miss E. M. M. Malim, to The Queen Alexandra Military HP., Millbank, London, from Military HP., Chatham.

Miss M. Byerley, to The Queen Alexandra Military HP., Millbank, London, from The Alexandra HP., Cosham.

Miss D. M. Smith, to Military HP., Shorncliffe, from Cambridge HP., Aldershot.

On Appointment.

Miss O. F. Stinton, to Cambridge, HP., Aldershot.

Miss F. E. S. Manning, to Military HP., Chatham.

Miss E. R. Thomson, to The Alexandra HP., Cosham.

Miss C. E. Alldridge, to Cambridge HP., Aldershot.

Miss M. Black, to The Queen Alexandra Military HP., Millbank, London.

Miss A. L. Plimsaul, to Military HP., Hounslow.

Miss E. B. Black, to Royal Herbert HP., Woolwich.

Miss M. O. Greenaway, to Military HP., Tidworth.

Miss E.K. Kaberry, to Egypt, from Military HP., Colchester (Temp.)

Miss V. C. Paschali, to Military HP., Dover, from The Queen Alexandra Military HP., Millbank.

Miss K. E. Hearn, to Military HP., Colchester, from duty on T. S. "Plassey."

Miss A. A. Steer, Miss C. G. Lees, to Military HP., Alexandria, Egypt, from Military HP., Cairo.

Miss A. J. St. Clair, to Military HP., Curragh, from Royal Victoria HP., Netley.

Appointments Confirmed.

Miss C. M. Pearce, Miss M. J. Branson, Miss A. I. Buyers, Miss M. I. Taylor, Miss N. I. Jordan, Miss E. J. Barrow.

Promotions.

The undermentioned Staff Nurses to be Sisters:—Miss J. Murphy, Miss S. N. Daly.

E. W. BECHER,
for Matron-in-Chief, Q.A.I.M.N.S.

ALUMNAE ASSOCIATION, TORONTO GENERAL HOSPITAL.

President—Lucy Bowerman, 349 Sherbourne St.
First Vice-President—Ida Beam, 728 Spadina Ave.
Second Vice-President—Annie Hartley, T.G.H.
Recording Secretary—Miss Lindsay, T.G.H.
Corresponding Secretary—Ida L. Burkholder, 728 Spadina.
Treasurer—Marion E. Hall, 18 Earl St.
Board of Directors—A. J. Scott, Grace Hospital; M. Tweedie, 53 Langley Ave.; Edith Hargraves, 146 Winchester St.

Conveners of Committees:

Sick Visiting—Elizabeth Field, 505 Sherbourne St.
Registration—M. E. Christie, 19 Classic Ave.
Programme—Mrs. Feeney, 44 Willcocks St.
Social and Lookout—Miss Richardson, 551 Sherbourne St.
Press—S. Caroline Ross, 1 Selby St.
Central Registry—Miss Purdy, 551 Sherbourne St.; H. Fralick, 728 Spadina Ave.
Canadian Nurse Representative—Miss Lennox, 107 Bedford Road.

THE ALUMNAE ASSOCIATION OF THE HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO.

For the year ending October 15th, 1908.

Officers for 1908-09: Miss Barnard, President; Miss A. Clarke, 1st Vice-President; Miss L. Adams, 2nd Vice-President; Miss A. Robertson, Recording Secretary; Miss B. Goodhall, Corresponding Secretary; Miss M. Wilson

Treasurer; Miss M. Gray, 505 Sherbourne St., Secretary for "Invalid Cookery"; Misses M. Haley, E. Jamieson and M. Ellrington, Directors; Miss J. Hamilton, 608 Church St., Convener of General Business Committee; Miss Sales, Miss McQuaig and Miss J. Gray.

THE ALUMNAE ASSOCIATION OF THE COLLINGWOOD GENERAL AND MARINE HOSPITAL TRAINING SCHOOL FOR NURSES.

Officers for 1908-09: Hon. President, Miss Morton; President, Miss G. Morrison; First Vice-President, Miss P. J. Cottrill; Second Vice-President, Miss Ella Baker; Secretary, Miss J. E. Carr; Assistant-Secretary, Miss E. M. Dawson; Treasurer, Miss M. M. Redmond.

Sick Visiting Committee: Miss Moore, Miss Robinson, Miss G. Morton, Miss Klinck.

The meetings are held on the last Thursday of the month at 3 p.m. in the board room of the hospital.

Correspondence

THE THREE-YEARS' COURSE AND OTHER QUESTIONS.

We have been favored by receiving a copy of the following letter, which has been issued by the Special Committee, referred to below:—

To the members of The American Hospital Association:

After the Toronto Convention of the association, the undersigned were appointed by the president, as a Special Committee:

(1) To seek information in reference to the curriculum and length of the course of training of nurses.

(2) To consider to what extent hospitals should instruct or train nurse helpers or assistants.

(3) To present a modern curriculum.

For the aid and direction of the committee will you kindly answer the following questions:

(a) Is the demand for nurses in your vicinity satisfactorily met?

(b) Is there a demand for nurse helpers or non-graduate assistants for the poorer class of patients?

(c) What suggestions can you make towards improving teaching methods?

(d) Do you have a sufficient supply of applicants for you training school?

(e) How much time should be devoted to theoretical teaching each year?

(f) What has been the effect of state registration in your state?

(g) Do you send your nurses to other hospitals for a part of their training? Describe.

(h) What should be the length of the training school course of a hospital of from fifty to seventy-five beds?

(i) What do you consider unnecessary subjects to the curriculum?

(j) What subjects should be added to the curriculum?

The committee will be glad to receive any suggestions or recommendations not indicated by the above.

Please make prompt reply as the time is limited.

Send your reply to the secretary.

Respectfully,

John M. Peters, President,
Henry M. Hurd,
F. A. Washburn,
J. N. E. Brown,
Charlotte A. Aikens,
Mary Riddle,
Mary L. Keith,
W. L. Babcock, Secretary.
Committee.

A MAGIC LANTERN WANTED.

To the Editor of "The Canadian Nurse":

Dear Madam,—I should like to give you at least something about the many interesting phases of our work. The Galicians, among whom we labor, have been coming in thousands to seek homes in Canada; and of necessity the greater part of it lies in trying to help the young to teach them how to be good and useful citizens. The older people are not likely to change much. We have two Boys' Clubs, each meeting one evening a week. The idea is partly to provide amusement which will save them from the bar-room and the pool-room, as with the exception of these clubs there is no counter attraction. In order to hold their interest, it is necessary to vary the programme from time to time. We are anxious to purchase a magic lantern with slides of "Pilgrim's Progress," and have thought that if some of our friends knew of our aim through the pages of "The Canadian Nurse" they would probably be glad to contribute something towards this fund. The lantern is needed, badly needed, as soon as possible, or the boys' interest may wane, and the bar and pool-room win the battle.

The medical side of our work has greatly increased during the last year or two. There are many calls during the day, and frequently at night for medical assistance. Others who are unable to come are treated in their homes while, again, others are retained in the house as patients.

The people are very poor, and their needs cannot but appeal to the hardest heart. Quantities of clothing are sent here for distribution, and were it not for this many of them would have but one thin cotton garment to protect them against the wintry blasts.

Wishing you every success with "The Canadian Nurse," in whose pages I always find a deep interest,

I am sincerely yours,

ELENA EYRES MONRO,
(Mrs. C. H. Monro.) The Mission House, Ethelbert, Manitoba.

Hospitals and Nurses

Miss Georgie H. Colley, secretary of the Canadian Nurses' Association of Montreal, and a number of the members of the Association are hoping to go from Montreal to the International Congress of Nursing in London next June.

Mr. W. J. Standen, 19 Isabella Street, (late of "Evergreen Home," Minnesing,Ontario), announces the engagement of his daughter, Francis Baker, to Mr. James Alexander Lennox, of "Fairview Farm," Ivy, Ontario. The marriage will take place early in April in College St. Baptist Church.

Miss Standen is a graduate of Lakeside Hospital, Chicago, (1889) and also of the Victorian Order, Toronto.

Miss Moore, a graduate of Brockville General Hospital, has been appointed superintendent of the new General Hospital at Welland Ontario, and begins her work there under the most favorable auspices.

Miss Regan, a recent graduate of St. Michael's Hospital, has been appointed head nurse at the new Welland General Hospital.

The National Sanitarium Association has secured the services of Miss Lottie Creighton as visiting nurse for Toronto. She is a graduate of the Western Hospital (Class 1906), and since then has been engaged in private nursing both in the United States and Canada. She has also made a special study of the nursing of tuberculosis patients.

The Brockville Graduate Nurses' Association, judging from the enthusiasm evinced by its members, has come to stay. They began with seven members last November. Now they have twenty-two enrolled.

The General Hospital at St. John's Newfoundland, had a welcome visitor on February 25th, when Mr. Fred Howard, the ventriloquist of the Klark-Urban Company, visited each of the five wards and stayed a quarter of an hour in each, making the patients forget their sufferings for the moment by the amusement he gave them.

The hospital at Lloydminster is progressing. Four dozen towels, the proceeds of a "Towel Shower," have been presented by Mrs. Amos and the Rev. Mr. Carruthers, and others have sent books and magazines. The hospital is now open for inspection, and Nurse Beveridge is glad to welcome visitors.

The graduating exercises in connection with the Royal Alexandra Hospital, Fergus, were held on Thursday, March 4th, at the hospital. The following nurses received their diplomas: Miss Isabel Thompson, Fergus; Miss Louise Langdon, Yenilworth; Miss Maud Bowes, Elora; Miss May Barclay, Speedside; Miss Amelia Marshall, Snelgrove, and Miss Margaret Mitchell Arthur.

Miss F. E. Sinclair, a recent graduate of the Queen Victoria Hospital, Swan River, Man., has located in Dauphin, Man., where she will do private nursing.

Mrs. C. S. Mounsey, lady superintendent of the Queen Victoria Hospital, Swan River, Man., has resigned her position and leaves the end of April.

BOVRIL Helps You To Eat

Because it contains all the stimulating properties of beef in a concentrated form. This excites the appetite and makes you hungry.

BOVRIL Feeds You

Because it contains all the Albumen and Fibrin of the beef. These are the vital nourishing properties which make BOVRIL differ so essentially from all other preparations of meat.

Do not accept any substitute for 112

BOVRIL

THE POST GRADUATE TRAINING SCHOOL FOR NURSES

2400 Dearborn Street - - CHICAGO

POST GRADUATE COURSE FOR NURSES

¶ The Post Graduate Training School for Nurses, Chicago, is now giving a four months' course to graduate nurses. Those taking the course will have at least one month in operating room work, will receive instruction in dietetics, hydro-therapeutics, infant feeding, urinalysis and obstetrics besides the regular senior work in the Hospital. No tuition is charged, board and room are furnished. Applicants must be graduated from some first-class training school within the last twelve years. Applications received and assignments made in the order of their receipt.

UNDER GRADUATE COURSE FOR NURSES

¶ Young women between twenty and thirty years of age who have high school educational attainments will be accepted for a course of training for nurses in the Post Graduate Training School for Nurses on presentation of the proper credentials and references. No tuition is charged and room and board are furnished free. Course is thirty months. Diploma is granted at graduation which is recognized by the state.

Address: FRANKLIN H. MARTIN, M. D., SECRETARY

2400 Dearborn Street - - CHICAGO

Mis Helen Forsyth, lady superintendent, of the Toronto Hospital for Incurables, has returned to her duties at the Hospital after a brief holiday.

The regular monthly meeting of the Grace Hospital Alumnae Association will be held in the Nurses' Residence, 216 Huron St., the second Tuesday of every month.

Miss T. Trigge, of Toronto, graduate of New York Infirmary for Women and Children (Class '05), has resigned her position in the N. Y. Board of Health Department and accepted the position of surgical nurse at the John Wells Memorial Hospital, New Brunswick, N.J.

The graduating exercises of the training school in connection with the Queen Victoria Memorial Hospital, Swan River, Man., were held in the Presbyterian church on March 1st. Miss A. J. Fraser and Miss F. E. Sinclair received their diplomas and medals. Short, interesting addresses were given by the Mayor, Mr. S. R. Wright, the president of the board of directors, Mr. R. G. Taylor, the superintendent, Mrs. Mounsey and others, after which an informal reception was held. An excellent musical programme was rendered and refreshments served. A large number were present and an enjoyable evening was spent.

The third monthly meeting of the G.H.N.A. was held in the Nurses' Residence, Huron St., Toronto, on March 9th. The president, Mrs. Macquoid, presided. Dr. MacMurchy read one of Mathew Arnold's wonderful poems, "St. Brandan," as the starting point of a most interesting address, and one which cannot help but be beneficial on "The Importance of Little Things." The speaker dwelt on the great helpfulness to others of little kindly acts in every day life, drawing attention to the fact that in the Book of all Books our Lord often drew attention to small things, the grass, the sparrows, the hairs of our heads etc. At the close of the address tea was served and a social chat enjoyed, after which the meeting was altogether of a business character.

The fourth annual meeting of the Toronto Western Hospital Alumni Association was held on Feb. 25th at 24 Roseberry Ave. Dr. John Hart gave a very instructive talk on "Things Neglected." The officers for the coming year are as follows:—President, Mrs. McConnell; 1st Vice-President, Miss Woodland; 2nd Vice-President, Miss Bowling; Recording Secretary, Miss Wilson; Corresponding Secretary, Miss Butchart; Treasurer, Miss Anderson; Visiting Committee, Mrs. Watson, Mrs. Bell, Miss Cooper; Journal Committee, Miss Kelly; Registry Committee, Miss Cook, Mrs. McArthur; Programme Committee, Misses Kelly, Jackson, Brett; Directors, Mrs. Yorke, Miss Bowling, Miss McAlpine.

A letter from Miss Mayou, of the Deep Sea Mission Hospital, Harrington Harbor, Canadian Labrador, has just been received by our vice-president, Miss Christie. Miss Mayou says: "I always look forward to receiving our journal. It is a link between me in this isolated part of the Dominion and the busy world of nursing. It helps to keep me from being quite a back number. The first dog mail in the beginning of January will bring our Christmas letters. This will leave by the first dog mail for the west."

A weak stomach can retain and digest Shredded Wheat even though it will reject all other food.

This is a fact recognized by most physicians and qualified nurses, who recommend it frequently to convalescents.

SHREDDED WHEAT

is simply the wheat berry shredded and steam cooked—nothing added—nothing taken away. It is Nature's food.

Health and Strength in Every Shred

Write for the Vital Question Cook Book

Canadian Shredded Wheat Co., Limited

Toronto Office:
49 Wellington St. East

Niagara Falls
Ontario

(1403)

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.

Miss Georgie Rowan, a graduate of Grace Hospital, Toronto, who has just finished a post-graduate course at Bellevue and Allied Hospitals, New York, has been appointed assistant superintendent at Fordham Hospital, New York.

The new and beautiful Nurses' Residence, for Bellevue and Allied Hospitals, New York, has just been completed. The comfort and convenience of this residence will make the post-graduate course still more attractive.

The usual monthly meeting of the Canadian Nurses' Association was held in the Medico-Chirurgical Society's rooms on Tuesday evening, March 3rd, at 8 p.m. The meeting was well attended. Owing to the absence of the president, Miss Colquhoun occupied the chair. The minutes of the last meeting were read and adopted.

Two candidates were proposed for membership.

It was announced that a cordial invitation had been received from Miss Livingston, Lady Superintendent of the Montreal General Hospital, for the members of C. N. A. to attend a meeting of St. Barnabas' Guild, at which Bishop Farthing will address the order. After all business was transacted, a very enjoyable lecture was delivered by Dr Ritchie England, subject being "Reproduction." It varied considerably from the general routine of "Surgical Emergencies," "Disease, its Cause, Etc.," and the relation and duty of the nurse is such cases. The doctor opened her remarks by reading part of the first chapter of Genesis, showing from the beginning God made male and female in everything, and it is not for our small minds to question, for "God saw that it was good." It was most interesting, as the speaker went on to show how fertilization was produced in plants, flowers, fruits, etc., and also in fish and fowls, up to the human being. A general vote of thanks was tendered Dr. Ritchie England for her most instructive lecture, which was fully appreciated by all present.

After a social cup of coffee the meeting was brought to a close.

MARRIED.

Newbigging-Bennet.—At Maplewood Farm, Newry, Ont., on Wednesday, Feb. 24th, 1909, by the Rev. A. MacVicar, Atwood, James Newbigging, of Elma, to Jennie H. Bennett. Mrs. Newbigging was a graduate of the Guelph General Hospital (Class 1902).

Irwin-Kilner—At the home of the bride's parents, Fergus, on Saturday, March 13th, 1909, by the Rev. Mr. King, Annie Elizabeth, daughter of Mr. and Mrs. Chas Kilner, to Mr. Richard Irwin, of Holstein, Ont. Mrs. Irwin graduated from the Royal Alexandra Hospital, Fergus, in 1906.

Black-MacFadzen—At Waldemar, on February 23rd, 1909, Miss Catherine B. MacFadzen to William J. Black, of Amaranth. Mrs. Black graduated from the Royal Alexandra Hospital, Fergus, in 1905.

HORLICK'S MALTED MILK

Ensures the nutritive effects of pure milk and selected malted cereals with the minimum digestive effort. A food for infants that has practically the same caloric value as mother's milk. A welcome relief from the usual plain milk diet in cases of Typhoid Fever, Pneumonia, in Convalescence, Consumption, Neurasthenia, or after Surgical Operations.

HORLICK'S MALTED MILK CO.
RACINE, WIS., U.S.A.

GILMOUR BROS. & CO., 25 St. Peter Street., Montreal, Sole Agents for Canada.

NURSES, ATTENTION!

We Have Something Special For You

History Forms and Charts in pads of 100—with a beautiful leather holder—these holders are free for the asking with your first order for a pad—price of pad the same as the loose leaves per 100.

Call and see them and then tell your friends to call.

CHANDLER, INGRAM & BELL
LIMITED
420 YONGE STREET, TORONTO
WE SOLICIT YOUR TRADE

DEATHS.

Staples—On February 6th, at her home in Ingersoll, Miss Myrtle Staples, graduate of the Owen Sound General and Marine Hospital (Class '05). Superintendent and sister graduates offer deepest sympathy to her parents and relations.

WELLAND COUNTY GENERAL HOSPITAL.

Our contemporary, the Welland Telegraph, contains a most interesting account of the Welland County General Hospital with portraits of the Lieutenant-Governor and Mr. W. E. Phin, president of the Hospital. Our readers will remember that an account of the building appeared in our last number.

The function was given official dignity by the presence of His Honor Col. Gibson, Lieutenant Governor, who performed the duty of declaring the hospital open. The speeches of the afternoon, while few, were likewise brief and exceptionally good. President W. E. Phin was in the chair, and on the platform beside him were His Honor, Hon. R. Harcourt, Dr. R. W. Bruce Smith, Superintendent of Hospitals and Public Charities, Miss Snively, head of the training school for nurses in connection Toronto General Hospital, R. McLaren, president of the St. Catharines General and Marine Hospital, Rev. Mr. Thompson, Col. L. Clarke Raymond.

The President's Address.

Mr. Phin, on opening, expressed his pleasure at being permitted to welcome so large and representative a gathering of people interested in the new County Hospital, and his gratification at having present His Honor Col. Gibson. Mr. Phin traced the growth of the hospital enterprise. Two years ago at a meeting held in the town hall it was decided that it was possible to build a hospital in Welland. Following this, subscriptions were obtained to the amount of five thousand dollars. The ladies then organized and held a Fair of Nations that netted about five thousand dollars. The county then gave a thousand dollars and the town of Welland another thousand. Competitive plans were called for and the award was made to Langley & Howland of Toronto, whose plans were used. The contract was let to P. S. Peacock for $20,400. The building, with the architect's fees, represented a value of $21,000, and the furnishings were worth four thousand more. The total value represented $25,250. The site was donated by Hugh A. Rose and the Morwood estate.

The hospital had been designed for the accommodation of thirty beds, and was one of the most modern and best equipped in the province.

To build the hospital was one thing, but to manage and maintain it was quite another. He felt the board had been fortunate in securing Miss Moore of Brockville as superintendent, and Miss Regan of Oakville as head nurse.

Rates in the public wards would be $4.90 a week, which was about half the actual cost. Contributions would be necessary for maintenance. The county should give a thousand a year, the town the same and a like amount

THE ENFEEBLED STOMACH

of the Chronic Invalid can tolerate, and the embarrassed digestive organs assimilate

Pepto-Manĝan (Gude)

more thoroughly and promptly than any other form of iron, because it is, at once, palatable, bland, free from astringency and devoid of constipating effect. 54

Samples and Literature upon Application.

M. J. BREITENBACH CO.
NEW YORK, U. S. A.

Our Bacteriological Wall Chart or our Differential Diagnostic Chart will be sent to any Physician upon application.

NURSES' REQUISITES

HYPODERMIC SYRINGES — CLINICAL THERMOMETERS — HOT WATER BOTTLES — RECTAL TUBES — SCISSORS — PROBES AND FORCEPS.

Our Goods are the Standard and the Finest English Manufacture.

Incidentally we save you money. All goods sold under positive guarantee

THE J. STEVENS & SON CO.
MAIN 306 LIMITED
145 WELLINGTON WEST

ERINDALE FARM CERTIFIED MILK

is produced expressly for infants and invalids

Walker-Gordon Laboratory Modified Milk

Physicians' Prescriptions Filled

Price's Dairy
TORONTO
MAIN 7303

from the manufacturers. He thought there would be no difficulty on that score, for already one manufacturer was pledged to $500 a year without any conditions attached. In this hospital the people had something to be proud of and he hoped the people would patronize it when they were sick and support it when they were well.

The Lieut.-Governor's address was a fine effort. "I have been through your hospital from foundation to roof," said Col. Gibson, when he rose, "and I assure you I am greatly pleased. When I heard of your enterprise two years ago I did not expect a result so entirely creditable as this. We have heard that the ladies played an important part. Those who have viewed works of charity in this country as I viewed them as a Minister of the Government, will recognize the fact that in these good works the ladies are always foremost or at least shoulder to shoulder with the men. Charities would never attain a foothold were it not so. Men are engaged in business from morning to night, and I sometimes think they are mistaken in that."

Dr. Smith, in an excellent address, pointed out that at a meeting of the American Hospital Association in Toronto, in September, the question of the cost of Hospitals came up, and the consensus of opinion was that a 30 bed hospital could not be built for less than $1,000 to $1,200 per bed. The Welland Hospital has been built for less than $900 per bed, and everything was of the best. The total number of hospital patients treated in Ontario last year was 47,000. Twenty-five years ago it was only 4,200.

Other speakers were Hon. Richard Harcourt, Col. L. C. Raymond, Miss Snively, President McLaren of the St. Catharines Hospital and Rev. Mr. Thompson.

Notes.

The beds were made in the Central Prison, all white enamel but one. That one has a brass top.

Chandler, Ingram & Bell, of Toronto, made the hospital the present of a portable dressing case of the most approved style.

The Women's Hospital Auxiliary has expended over nine hundred dollars in purchasing linen and other supplies for the hospital.

Mrs. Burgar, Mrs. Garner, Mrs. Howell, Mrs. Colbeck and Mrs. Binns, wives of the local doctors, dispensed tea and coffee in the dining-room, while a bevy of young ladies of town waited on the hosts of visitors and townspeople.

The visitors were received at the entrance to the hospital by Mrs. W. M. German, Hon. President of the Auxiliary; Mrs. Wells, 1st Vice-President; Mrs. Phin, 2nd Vice-President; Miss Margaret Hagar, Secretary, assisted by the ladies of the board.

On this happy occassion, the opening of the new County General Hospital, the Women's Auxiliary desire to thank the many throughout the county who so liberally have helped them in the two years of their organization. Since April, 1907, the Auxiliary has raised, with the assistance of the many county friends, $7,160. Of this $4,000 have gone towards the building fund of the hospital, and hundreds of dollars have been spent for furnishings.

Mrs. Charles Burgues, of Titusville, mother of Mrs. T. J. Dillon, has

Unsweetened

JERSEY CREAM

STERILIZED

is pure milk condensed; nothing is removed save water—nothing whatever is added.

It is thoroughly sterile, and will keep when the can is opened, for a much longer time than will ordinary raw milk.

It is a safe food for children.

Raw milk is often a menace to health, because of impurities and disease germs.

Dominion Government analysis demonstrates Jersey Cream 13% richer than any brand sold in Canada.

The Truro Condensed Milk Co. Ltd. - Truro, N. S.

The Marvel Syringe

Marvel "Whirling Spray" Syringe

Awarded the Gold Medal Diploma and Certificate of Approbation by the Société d'Hygiene de France, Paris, Oct. 9, 1902

As the latest and best syringe invented to THOROUGHLY CLEANSE THE VAGINA, the MARVEL, by reason of its peculiar construction, DILATES and FLUSHES the vaginal passage with a volume of whirling fluid which SMOOTHS OUT THE FOLDS and PERMITS THE INJECTION TO COME IN CONTACT WITH ITS ENTIRE SURFACE, instantly DISSOLVING and WASHING OUT ALL SECRETIONS AND DISCHARGES.

Physicians should recommend the MARVEL SYRINGE in all cases of LEUCORRHŒA, VAGINITIS an all WOMB TROUBLES, as it is warranted to give entire satisfaction.

All Druggists and Dealers in Surgical Instruments in Canada Sell It

For Literature, address

MARVEL COMPANY

44 East 23rd Street NEW YORK

made a handsome gift of one hundred dollars' worth of surgical instruments for the hospital. This has been supplemented by another hundred dollars' worth from two local doctors, and further additions are yet to be made.

Visitors to the hospital could not but have noted the furnishings of the superintendent's room—chairs, table, leather covered couch and rug. It may surprise many to read that these, as well as the handsome picture in the hall, were purchased by the Willing Workers, that band of little women who served so industriously under the direction of Mrs. H. L. Beatty, last year. The Willing Workers have done an excellent work and the result of their activities must be deeply appreciated by those interested in the hospital.

MEETING OF THE GUILD OF ST. BARNABAS

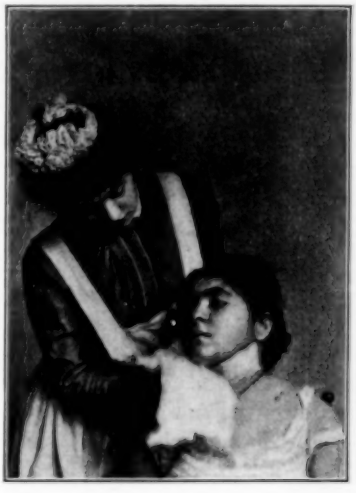
The March meeting of the Guild of St. Barnabas was held in the oratory of St. James' Rectory on Friday evening, March 26th, at 8 o'clock. One of the members of the staff of "The Canadian Nurse" was present, and came home with one regret. That regret was that all the staff and the whole Editorial Board were not there also. She says that the quiet of the evening hour, the starlit night outside, and the early Easter moon riding high in the heavens, while the cathedral chimes came floating into the Oratory, all made an impressive, simple, yet beautiful service, touching to the eye, the ear and the heart. Canon Welch, the chaplain of the Toronto Branch, read the office and delivered a brief address on some of our difficulties in connection with Prayer. The address was listened to with deep attention.

It is a great privilege to attend these meetings. Pupil nurses as well as graduates are welcome to come and, indeed, are expected.

The next meeting will be held at Grace Hospital on Friday, April 30, and the rooms of the Nurses' Residence, corner Huron and Division Streets, have kindly been placed at the disposal of the Guild by the superintendent, Miss Scott. The meeting will be sure to be a delightful one, and all our readers are in vited to be present. The Superior, Mrs. Welch, and the Chaplain, Rev. Canon Welch are both expected to be present.

Antiphlogistine

(Inflammation's Antidote)



Applied from ear to ear as hot as can be borne comfortably by the patient, depletes the enlarged lymph glands, guards against the passage of toxines into the circulation and reduces the liability of Mastoiditis, Middle Ear and Laryngeal complications in Tonsilitis, Scarlatina and other diseases of similar nature.

The dressing of Antiphlogistine must be at least an eighth of an inch thick, covered with a plentiful amount of absorbent cotton and held snugly in place by a bandage.

THE DENVER CHEMICAL MFG. CO.

NEW YORK

The Nurse's Library

"The Baby," by Dr. D. R. Brown, of Salem, Mass. (Boston, Whitcomb and Burrows) is a little book for mothers and nurses. There are many good things in it, and the book will certainly be a useful one for doctors to recommend to their patients. We do not quite agree with the author's ideas about sterilizing milk, but on the whole, we have pleasure in recommending the book to our readers.

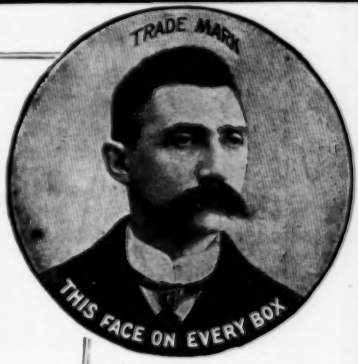
We trust that our readers have already tested for themselves the excellent cook book reviewed last month on this page, "The Canadian Cook Book." Copies may be ordered from the compiler, Miss Bowerman, at the address, 644 Spadina Ave. Price $1.25.

One of the most charming, sincere, and real of recent novels is written by a Canadian, who has of late years resided in England, Miss Lily Dougall. "The Paths of the Righteous," (London, Macmillan & Co.), is the story of a Canadian's return to England with great wealth. The character of the man, Mr. Ward, is drawn with great skill and he is a most lovable character. His wife is his counterpart, and the story is one of the best any nurse could read either to herself or her patient.

The fourth annual report of Brehmer Rest at Ste. Agatha des Monts, near Montreal, is rendered doubly interesting by an account of the addresses delivered by Dr. Roddick and by Dr. Pannwitz and Dr. Freund, who were delegates to the International Tuberculosis Congress at Washington, and visited Montreal on their return. The former is the secretary of the German Red Cross Society and of the International Tuberculosis Association, and the latter the originator of the great German scheme of life insurance for working men and women.

We have received copies of the annual report of the Episcopal Eye, Ear and Throat Hospital, of Washington, D.C., of which Miss Hodgson has just been appointed superintendent, and of the Babies' Hospital, of New York, (Superintendent, Miss M. A. Smith, formerly of Toronto).

The April Delineator, already displayed in many shop windows, and eagerly scanned by thousands of readers, appears in an enlarged form. Much interest attaches to the special articles on "The Children's Conference," "American Girls and American Colleges," "What Life Insurance Really Means." The fiction is also excellent, being the work of F. Marion Crawford, Theodosia Garrison (better known as the author of several beautiful poems) and others.



"THE BOX THAT LOX"

Good Nurses and Careful Mothers

are particular about using no other but

MENNEN'S
BORATED TALCUM
TOILET POWDER

because it is freely recommended above all others by physicians everywhere. **MENNEN'S** is the purest and safest of Toilet Powder, just as good for mother and nurse as it is for baby.

It not only **smooths** the skin but **soothes** the skin, not only **hides** roughness and rawness but **heals** them. After the **bath** it is delightful—it enables one to easily retain that pleasing appearance of fresh cleanliness.

A Positive Relief for Chapped Hands and Chafing.

MENNEN'S is put up in **non-refillable** boxes—the **"Box that Lox"**—for your protection. Guaranteed under the Food and Drugs Act, June 30, 1906. Serial No. 1542.

For sale everywhere, or by mail for 25 cents
SAMPLE FREE

Try Mennen's Violet (Borated) Talcum Toilet Powder—It has the scent of fresh-cut Parma Violets. Samples free.

MENNEN'S SEN YANG TOILET POWDER, Oriental Odor
MENNEN'S BORATED SKIN SOAP (blue wrapper).
(Specially prepared for the nursery). } No Samples

MENNEN'S
BORATED TALCUM
TOILET POWDER
FOR INFANTS AND ADULTS
THE ONLY HEALTHFUL AND SANITARY POWDER FOR THE NURSERY AND TOILET
GERHARD MENNEN CHEMICAL CO.
NEWARK, N. J., U.S.A.

GERHARD MENNEN CO.

NEWARK, NEW JERSEY

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO.

President—Mrs. C. J. Currie, 175 College St., Toronto.

First Vice-President—Miss Annie Robinson, Superintendent, General Hospital, Galt.

Second Vice-President—Mrs. S. H. Tilley, 228 Johnston St., Kingston.

Treasurer—Mrs. Thomas Roden, 127 Dunn Ave., Toronto.

Recording Secretary—Miss Julia Stewart, 134 Yorkville Ave., Toronto.

Corresponding Secretary—Miss E. R. Greene, 418 Sumach St., Toronto.

Board of Directors:—

Miss Brent, Superintendent, Sick Children's Hospital, Toronto.

Miss Mathieson, Superintendent, Riverdale Hospital, Toronto.

Miss Barwick, 644 Spadina Ave., Toronto.

Miss Woodland, Superintendent, Western Hospital, Toronto.

Miss Lennox, 107 Bedford Road, Toronto.

Miss Hamilton, 608 Church St., Toronto.

Mrs. Yorke, 400 Manning Ave., Toronto.

Mrs. Paffard, 51 Poplar Plains Road, Toronto.

Miss M. Christie, 19 Classic Ave., Toronto.

Miss Eastwood, 206 Spadina Ave., Toronto.

Miss Graves, St. Michael's Hospital, Toronto.

Miss Mary Gray, 505 Sherbourne St., Toronto.

The Executive Committee wishes to make the annual meeting of the Association, which takes place on May 22nd, as interesting as possible, particularly to those doing private nursing. Problems which relate to hospital and training school management can be discussed at the meetings of the Superintendents' Societies, and the G. N. A. O. was organized to be a help and inspiration to the private nurse. It is hoped that Miss de Witte's paper, "Some Problems of the Private Nurse," will be thoroughly discussed, and that the members will express their views freely on points brought out. Miss Eastwood will give a short paper on "Registration," and as no nurse in Ontario has a better knowledge of that subject than Miss Eastwood, this will be interesting to everybody. It is also proposed to have a "Question Drawer" of which Miss A. I. Robinson, of Galt, Ont., has kindly consented to take charge. Questions may be sent to Miss Robinson, or to either of the secretaries, at any time before the meeting. Miss Brent is arranging for some demonstrations to be given, the subjects of which will be announced later. It is proposed to have two sessions, probably afternoon and evening, and this will give ample time for a very interesting programme to be given.

INSTRUCTION IN MASSAGE

THE SYSTEM YOU WILL EVENTUALLY LEARN

Swedish Movements, Medical and Orthopædic Gymnastics
Term, 3 Months Tuition Fee, $75.00

Course in Electro-Therapy
Term, 2 Months Tuition Fee, $25.00

Course in Hydro-Therapy in All Its Forms
Term, 6 Weeks Tuition Fee, $30.00

Spring Class opens May 19th, '09. Summer Class opens July 7th, '09.

Over 9,000 MECHANICAL TREATMENTS GIVEN IN 1908. No Better Clinical Experience Possible

All courses may be commenced at the same time and finished within three months.
The instruction consists of daily clinical work and practical lessons on patients referred to our clinics from the various Hospital Dispensaries. Original Swedish (Ling) System and Weir Mitchell's Rest Cure system. All pupils attend clinics at several city hospitals. Separate male and female classes. Payments can be made to suit your convenience. Particulars and illustrated booklet on Massage upon request. **An early application for admission is advisable.**

INSTRUCTORS

WALTER S. CORNELL, M.D., (Instructor Univ. of Penna.)
HOWARD A. SUTTON, M.D., (Instructor Univ. of Penna.)
T. D. TAGGART, M.D., (Jefferson Med. College).
WM. ERWIN, M.D. (Hahnemann and Rush Med. Coll.)
MAX J. WALTER (Univ. of Penna., Royal Univ., Breslau, Germany, and Lecturer to St. Joseph's, St. Mary's, Mount Sinai and W. Phila. Hospital for Women, Cooper Hospital, etc.)
FRANK B. BAIRD, M.D., (University Pennsylvania)
WM. EGBERT ROBERTSON, M.D., (Associate Professor of Medicine, Medico-Chirurgical College.)
HELENE BONSDORFF (Gymnastic Institute, Stockholm, Sweden).
LILLIE H. MARSHALL, EDITH W. KNIGHT (Pennsylvania Orthopædic Institute.)
MARGARET A. ZABEL (German Hospital, Philadelphia Penna. Orthopædic Inst.)

Pennsylvania Orthopædic Institute & School of Mechano-Therapy
(Incorporated)
711 Green Street, PHILADELPHIA, PA. MAX J. WALTER, Superintendent

MALTINE
With CASCARA SAGRADA

For Constipation and Hemorrhoids

CASCARA SAGRADA is acknowledged to be the best and most effective laxative known, producing painless and satisfactory movements. Combined with the nutritive, tonic and digestive properties of Maltine, it forms a preparation far excelling the various pills and potions which possess only purgative elements. The latter more or less violently FORCE the action of the bowels, and distressing reaction almost invariably follows, while Maltine with Cascara Sagrada ASSISTS NATURE, and instead of leaving the organs in an exhausted condition, so strengthens and invigorates them that their normal action is soon permanently restored.

For sale by all druggists.

THE MALTINE COMPANY
88 Wellington St. West, TORONTO

At Half Price

WITH the June number the subscription price of the HOME JOURNAL will be doubled on account of its increased size. We are notifying all our subscribers to this effect but of course we will *have* to accept subscribers at the old rate of FIFTY CENTS A YEAR until that date. This will give everybody a chance to get the brightest and best *home magazine* in Canada at *half the price*. Amongst the staff and other writers, artists, etc., for the current year, are some of the best known Canadian talent in art and letters. A clergyman writing recently said of the Home Journal. "It is a credit to Canadian journalism." Write for a sample copy free if you have not seen it, but get in *on the old price*. Act at once.

HOME JOURNAL
59 JOHN ST. - TORONTO